PSYCHOTROPIC MEDICATIONS

ANTIDEPRESSANTS

**Tricyclics**: this class is very effective with the elderly, but have many side effects and can take up to a month to produce therapeutic effect

- amitriptyline (Elavil)
- clomipramine (Anafranil)
- desipramine (Norpramin)*
- doxepine (Sinequan)
- imipramine (Tofranil)
- nortriptyline (Pamelor)*
- protriptyline (Vivactil)
- timipramine (Surmontil)

**Side effects**: sedation, orthostatic hypotension, anticholinergic effects (dry mouth, increased heart rate, blurred vision, constipation, urinary retention, confusion)

* have the fewest side effects

**Monoamine oxidase inhibitors (MAOIs)**: this class is sometimes used if other antidepressants have not worked; require diet restrictions and interact with other medications

- phenelzine (Nardil)
- tranylcypromine (Parnate)
- isocarboxazid (Marplan)

**Side effects**: potential for hypertensive crisis due to interaction with food containing tyramine (aged cheeses, aged or processed meats, pickled or salted herring, fava beans, sauerkraut, liver, chocolate in large amounts) or other medications (stimulants, decongestants, other antidepressants, narcotics)

- general reduction in blood pressure
- postural hypotension
- weight gain
- sedation or agitation
- insomnia
- impotence
- anorgasmia

**Selective Serotonin Reuptake Inhibitors (SSRIs)**: this class does not cause orthostatic hypotension or anticholinergic side effects; are as effective as tricyclics in elderly

- fluoxetine (Prozac)
- sertraline (Zoloft)
- paroxetine (Paxil)
- citalopram (Celexa)
- mirtazapine (Remeron)
- fluvoxamine (Luvox)
side effects: anxiety and restlessness
  insomnia
tremor
headache
nausea
weight loss
inhibition of ejaculation
anorgasmia

Atypical agents
  trazodone (Desyrel)  nefazodone (Serzone)
bupropion (Wellbutrin)  venlafaxine (Effexor)

BENZODIAZEPINES (anti-anxiety/minor tranquilizers)

<table>
<thead>
<tr>
<th>long-acting*</th>
<th>shorter-acting</th>
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<tbody>
<tr>
<td>diazepam (Valium)</td>
<td>lorazepam (Ativan)</td>
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<tr>
<td>chlordiazepoxide (Librium)</td>
<td>alprazolam (Xanax)</td>
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<td>flurazepam (Dalmane)**</td>
<td>oxazepam (Serax)</td>
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<td>chonazepam (Klonopin)</td>
<td>temazepam (Restoril)**</td>
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<td>triazolam (Halcion)**</td>
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* generally not recommended for older adults
**sedative-hypnotic: used for insomnia
others are anxiolytics

side effects: can develop dependence (withdrawal symptoms can include worsening anxiety, sleep disturbance, restlessness and agitation, flu-like symptoms, seizures)
impaired concentration
memory impairment (mild forgetfulness to amnestic episodes)
depression
sedation, unsteadiness, risk for falls

(nonbenzodiazepine anxiolytic agent)
buspirone (Buspar)

does not produce dependence, little potential for abuse
side effects: dizziness, nausea, headache, nervousness, light-headedness, excitement
**ANTIPSYCHOTICS** (neuroleptics) : used to treat psychotic thinking, outbursts and severe agitation in older adults

- **low-potency**
  - chlorpromazine (Thorazine)
  - thioridazine (Mellaril)*
  - mesoridazine (Serentil)

**side effects:** sedation
  - orthostatic hypotension
  - anticholinergic effects
  - cardiac problems (arrhythmias, conduction problems)

- **high-potency**
  - haloperidol (Haldol)*
  - fluphenazine (Prolixin)
  - pimozide (Orap)

- **medium-potency**
  - trifluoperazine (Stelazine)
  - perphenazine (Trilafon)*
  - thiothixene (Navane)
  - molindone (Moban)

* neuroleptics most commonly used with elderly

**side effects:**

**extrapyramidal symptoms**
- acute dystonic reactions (muscle rigidity and spasms, grimacing, protusion or thick tongue, fixed gaze)
- Parkinsonian symptoms (bradykinesia or slow motion, rigidity of movement, hand tremor or pill-rolling, shuffling gait, masklike face, drooling)
- akathisia (subjective feeling of restlessness, pacing, agitation)

**tardive dyskinesia** can develop with prolonged use of antipsychotics (involuntary movements of tongue, jaw, face, upper and lower extremities, trunk, and sometimes muscles used in breathing and swallowing); is refractory to treatment

**atypical antipsychotics**
- clozapine (Clozaril)
- olanzapine (Zyprexa)
- risperidone (Risperdal)
- quetiapine (Seroquel)

**side effects:** cause fewer extrapyramidal effects, but clozapine requires weekly blood work due to risk of bone marrow damage and can cause seizures
MOOD STABILIZERS: generally used for bipolar disease or acute manic episodes

- lithium
- carbamazepine (Tegretol)*
- valproic acid (Depakote)*

*are anticonvulsants

side effects: confusion, memory loss, disorientation
nausea, diarrhea, bloating
interactions with other drugs (diuretics, nonsteroidal antiinflammatories, antibiotics)
can increase side effects

MEDICATIONS FOR DEMENTIA: these are intended to slow progression of dementia and improve memory; other medications above are used for symptoms associated with dementing disorders

- tacrine (Cognex)
- donepezil (Aricept)

side effects: nausea, vomiting, diarrhea
muscle cramping, fatigue

other agents
- vitamin E
- estrogen
- ginkgo biloba
- antiinflammatory medications (Motrin, Aleve)