

## Week 7 Weekly Group Study Questions

### Week 7: Weekly Group Study

**What baseline data is needed when prescribing SSRIs and SNRIs?**

- A. Serum sodium should be checked in older adults and patients on diuretic therapy
- B. EKG should be checked, especially in patients with known dysthymias or patients older than 40 years of age
- C. Baseline blood pressure
- D. All the above

**Answer: A**

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**Stacy has been taking Fluoxetine 40 mg every day by mouth for two months for OCD management. She informs the provider that she is experiencing tremors, dizziness, sensory disturbances of loss of balance, and a sensation of an electric shock throughout her body. What is the next important step for the NP to perform?**

- A. Educate Stacy that these are normal side effects of taking Fluoxetine and will subside with time.
- B. Educate Stacy to stop the medication immediately and change her medication to Escitalopram 5 mg PO every day.
- C. Educate Stacy that these may be the symptoms of SSRI withdrawal syndrome and inquire if she has been taking the medication as prescribed.

**Answer: C.** Rationale: SSRIs should not be stopped abruptly. Discontinuation can result in rebound anxiety. Abrupt discontinuation of SSRIs can cause withdrawal syndrome. Symptoms include dizziness, headache, nausea, sensory disturbances, tremor, anxiety, and dysphoria. These begin within days to weeks of the last dose and then persist for 1-3 weeks. Resumption of drug use will make symptoms subside. The withdrawal syndrome can be minimized by tapering the dosage slowly.