

ANTIPSYCHOTICS

Generic	NAMES	Brand	Dosage Range ¹	Sedation	Orbit ²	EPS ³	ACh Effects ⁴	Equivalence ⁵
LOW POTENCY								
chlorpromazine		Thorazine	50-800 mg	high	high	++	++++	100 mg
thioridazine		Mellaril	150-800 mg	high	high	+	+++++	100 mg
clozapine		Clozaril	300-900 mg	high	high	0	+++++	50 mg
mesoridazine		Serenal	50-500 mg	high	mid	+	+++++	50 mg
quetiapine		Seroquel	150-600 mg	mid	mid	+/-0	+	50 mg
HIGH POTENCY								
molindone		Moban	20-225 mg	low	mid	+++	+++	10 mg
perphenazine		Trilafon	8-60 mg	mid	mid	++++	++	10 mg
loxapine		Loxitane	50-250 mg	low	mid	+++	++	10 mg
trifluoperazine		Stellazine	2-40 mg	low	mid	++++	++	5 mg
fluphenazine		Prolixin ³	3-45 mg	low	mid	+++++	++	2 mg
thiothixene		Navane	10-60 mg	low	mid	++++	++	5 mg
haloperidol		Haldol ³	2-40 mg	low	low	+++++	+	2 mg
pimozide		Orap	1-10 mg	low	low	+++++	+	1-2 mg
risperidone		Risperdal	4-16 mg	low	mid	+	+	1-2 mg
paliperidone		Invega	3-12 mg	low	mid	+	+	1-2 mg
olanzapine		Zyprexa	5-20 mg	mid	low	+/-0	+	1-2 mg
ziprasidone		Geodon	60-160 mg	low	mid	+/-0	++	10 mg
iloperidone		Fanapt	12-24 mg	mid	mid	+	++	1-2 mg
asenapine		Saphris	10-20 mg	low	low	+	+	1-2 mg
aripiprazole		Abilify	15-30 mg	low	low	+/-0	+	2 mg

¹Usual daily oral dosage

²Orbitaxis: Hypokinesia, Chorea and falls

³Acute: Parkinson's, dystonia, akathisia. Does not reflect risk for tardive dyskinesia. All neuroleptics may cause tardive dyskinesia, except clozapine

⁴Acetylcholinergic Side Effects

⁵Doses required to achieve efficacy of 100 mg chlorpromazine

⁶Available as time-release IM formulation

ANTI-ANXIETY

Generic	NAMES	Brand	Single Dose Dosage Range	Equivalence ¹
BENZODIAZEPINES				
diazepam		Valium	2-10 mg	5 mg
chlordiazepoxide		Librium	10-50 mg	25 mg
prazepam		Centrax	5-30 mg	10 mg
clonazepam		Tranxene	3.75-15 mg	10 mg
clonazepam		Klonopin	0.5-2.0 mg	0.25 mg
lorazepam		Ativan	0.5-2.0 mg	1 mg
alprazolam		Xanax, XR	0.25-2.0 mg	0.5 mg
oxazepam		Serax	10-30 mg	15 mg
OTHER ANTI-ANXIETY AGENTS				
bupropion		Bu-par	5-20 mg	
gabapentin		Neurontin	200-600 mg	
hydroxyzine		Atarax, Vistaril	10-50 mg	
propranolol		Inderal	10-80 mg	
atenolol		Tenormin	25-100 mg	
guanfacine		Tenex	0.5-3 mg	
clonidine		Catapres	0.1-0.3 mg	
prazosin		Minipress	5-20 mg	

¹Doses required to achieve efficacy of 5 mg of diazepam

HYPNOTICS

Generic	NAMES	Brand	Single Dose Dosage Range
flurazepam		Dalmane	15-30 mg
temazepam		Restoril	15-30 mg
triazolam		Halcion	0.25-0.5 mg
eszazolam		ProSom	1.0-2.0 mg
quazepam		Doral	7.5-15 mg
zolpidem		Ambien	5-10 mg
zaleplon		Sonata	5-10 mg
eszopiclone		Lunesta	1-3 mg
ramelteon		Rozemem	4-16 mg
diphenhydramine		Benadryl	25-100 mg

OVER THE COUNTER

Name	Daily Dose
St. John's Wort ^{1, 2}	600-1800 mg
SAM-e ³	400-1600 mg
Omega-3 ⁴	1-9 g

¹Treats depression and anxiety
²May cause significant drug-drug interactions
³Treats depression
⁴Treats depression and bipolar disorder

REFERENCES and RECOMMENDED BOOKS

Quick Reference • Free Downloads

Website: www.PsyD-fx.com

Handbook of Clinical Psychopharmacology For Therapists (2010) Preston, O'Neal and Talaga

Clinical Psychopharmacology Made Ridiculously Simple 6th Edition (2010) Preston and Johnson

Consumer's Guide to Psychiatric Drugs (2009) Preston, O'Neal, Talaga

Child and Adolescent Psychopharmacology Made Simple (2010) Preston, O'Neal, Talaga

Quick Reference For Psychiatric Nursing

Lippincott Williams & Wilkins

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the publisher's name.

Quick Reference For Psychiatric Nursing:

Pocket Guide to Psychiatric Nursing Mary C Townsend, Karyn I Morgan, 2018-01-09 Here's the most complete and easy to use resource on how to develop practical individualized plans of care for psychiatric and mental health patients. It's the perfect quick reference for clinical. This Pocket Guide is really two books in one. The first half provides the diagnostic information needed to create a care plan; the second half covers the safe prescription and administration of psychotropic medications. And the concepts can be applied to a variety of healthcare settings from inpatient hospitalization through the outpatient clinic to home health and private practice.

Psychiatric Mental Health Nursing Made Easy: A Beginner's Guide Patty Edwin Steel, Psychiatric Mental Health Nursing Made Easy: A Step by Step Guide by Patty Edwin Steel is your essential resource for mastering the complexities of psychiatric mental health nursing. Designed for both beginners and experienced nurses, this comprehensive guide offers clear practical insights into understanding and treating mental health disorders. Inside this book, you'll find detailed explanations of common mental health conditions such as anxiety, depression, bipolar disorder, and schizophrenia. Learn effective therapeutic communication techniques, how to conduct thorough assessments and diagnoses, and the latest in psychopharmacology and psychotherapy. Patty Edwin Steel draws on her extensive experience to provide real-life examples and practical advice, ensuring you can apply what you learn directly to your practice. Special sections on caring for children, adolescents, and elderly patients, as well as tips for maintaining cultural competence, make this guide indispensable for today's diverse healthcare environment. Discover strategies for preventing burnout and managing stress, and find support through professional networks and further reading.

Psychiatric Mental Health Nursing Made Easy empowers you to deliver compassionate, high-quality care while advancing your professional growth. Whether you're a nursing student or a seasoned professional, this book is your ultimate guide to excelling in psychiatric mental health nursing. Equip yourself with the knowledge and skills needed to make a profound difference in the lives of those you care for.

Keywords: Psychiatric Mental Health Nursing, mental health disorders, therapeutic communication, psychopharmacology, psychotherapy, nursing care plans, Patty Edwin Steel, nursing education, burnout prevention, stress management, cultural competence, nursing guide.

The Psychiatric Cheat Sheet Harsha Willow Ramsey, 2024-12-30 Master Psychiatric Nursing and Mental Health Care with Confidence. Are you looking for a trusted resource to deepen your knowledge of mental health care, refine your clinical skills, and prepare effectively for exams? This comprehensive guide is designed for nursing students, mental health practitioners, and educators who seek clarity, practical tools, and actionable insights to excel in the field of psychiatric nursing. Packed with evidence-based practices, practical tools, and real-world applications, this book is your ultimate companion for mastering the complexities of mental health care.

What You'll Discover Inside: Complete Coverage of Psychiatric Nursing Essentials. Explore key topics including advanced motivational interviewing techniques, trauma-informed care, and holistic approaches that integrate complementary practices for patient-centered care.

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The Nurse's Guide to Holistic Psychiatric Care Harsha Willow Ramsey, 2024-12-30 The Nurse s Guide to Holistic Psychiatric Care is an essential resource for psychiatric nurses seeking to integrate complementary and alternative approaches into their practice This groundbreaking book provides a comprehensive framework for delivering holistic person centered care that addresses the complex interplay of biological psychological social and spiritual factors in mental health and well being Grounded in the latest research and best practices this guide offers practical strategies for assessing and treating a wide range of mental health conditions using a holistic lens From mindfulness based interventions for anxiety and depression to nutritional approaches for bipolar disorder readers will discover a wealth of evidence based tools and techniques to enhance their clinical repertoire The book also explores key principles of holistic nursing including cultural humility empathic communication and collaborative care planning Readers will learn how to cultivate therapeutic presence build authentic relationships with patients and families and navigate ethical dilemmas in integrative mental healthcare Featuring case studies reflective exercises and practical tips this book is both a comprehensive guide and an inspiring call to action for psychiatric nurses It challenges readers to expand their understanding of what it means to provide truly holistic care and to embrace their role as catalysts for healing and transformation Whether you are a seasoned practitioner or a nursing student The Nurse s Guide to Holistic Psychiatric Care will equip you with the knowledge skills and confidence to bring integrative approaches to your practice and to make a profound difference in the lives of those you serve

The Trauma-Informed Psychiatric Nurse's Toolbox Katie Trinity Sutton, The first comprehensive toolkit designed specifically for psychiatric nurses working with trauma survivors This practical

guide transforms complex neuroscience into immediately usable skills for daily practice Discover evidence based techniques for de escalation communication and self care that dramatically improve patient outcomes while preventing professional burnout Packed with case studies from real clinical settings this resource provides clear frameworks for managing challenging situations including acute agitation flashbacks dissociation and suicidal ideation Each chapter builds essential skills through detailed examples scripts and step by step protocols that can be implemented immediately Unlike theoretical texts this toolkit offers concrete intervention strategies through printable worksheets assessment tools quick reference guides and validated scripts that have been field tested in psychiatric settings Learn how to recognize trauma triggers provide effective grounding techniques maintain therapeutic boundaries and build lasting patient trust The included self care section provides essential strategies for preventing compassion fatigue and vicarious trauma ensuring sustainable practice throughout your nursing career Perfect for new graduates experienced clinicians and nursing educators seeking to integrate trauma informed principles into psychiatric care This comprehensive resource fills a critical gap in psychiatric nursing literature by providing specialized approaches for different trauma types and populations The decision pathway maps guide complex clinical reasoning during high stress situations while the professional development framework supports continuous growth in trauma informed excellence Transform your practice with this essential resource that bridges theory and application creating healing environments for both patients and providers Psychiatric Nursing Made Incredibly Easy! Lippincott Williams & Wilkins,2015-05-04 Written in the award winning Incredibly Easy style this invaluable reference is packed with the most up to date information on more than 70 psychiatric disorders Clear language and a simple organization keep information concise and easy to find The reference is organized by disorders and includes an overview of psychiatric nursing Numerous icons provide the reader with tips on caring for psychiatric patients from experts the latest research cultural considerations and the latest news in psychopharmacology Memory joggers and quick quizzes reinforce learning An appendix of Web resources is included for further study **The Quick-Reference Guide to Addictions and Recovery**

Counseling Dr. Tim Clinton,Dr. Eric Scalise,2013-10-15 The newest addition to the popular Quick Reference Guide collection The Quick Reference Guide to Addictions and Recovery Counseling focuses on the widespread problem of addictions of all kinds It is an A Z guide for assisting pastors professional counselors and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations Each of the forty topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended resources **Quick Reference for Psychiatric Nursing** Marianne Waneck Miles,1994 The QUICK REFERENCE FOR PSYCHIATRIC NURSING presents key clinical information on the major psychiatric disorders in outline form Each disorder includes a description related psychopharmacology nursing care in nursing process format and patient teaching This handy reference guide comes

shrink wrapped with every copy of Taylor s ESSENTIALS OF PSYCHIATRIC NURSING fourteenth edition at no additional cost and may also be purchased separately **Essentials of Psychiatry and Mental Health Nursing I and II_2e - E-Book** Rajesh Kumar,2023-09-14 Essentials of Psychiatry and Mental Health Nursing I II is precisely written comprehensive textbook as per revised Indian Nursing Council INC syllabus for Undergraduate Nursing students It also serves a useful reference text for general nursing and midwifery students postgraduate nursing students and other health professionals This book is an effort to outline common psychiatric conditions and procedures practiced in clinical situation Salient Features Simple and Friendly Content This edition includes information on different psychiatric disorders clinical manifestations and diagnostic approaches in simple and friendly manner incorporating their application to clinical practice Comprehensive Presentation The illustrative and lucid text is organized in step by step manner to hold the attention of students and enhance learning Clinical Examples The book contains examples from routine clinical scenarios making it more attention grabbing to read and understand to students Multiple Choice Questions MCQs A set of approximately 225 multiple choice questions included placed at the end of each chapter These MCQs will be helpful in preparing for final exam and for entrance examinations especially MSc N and Ph D nursing programs Nursing Care Plan Common and major psychiatric disorders are supplemented with nursing care plans It can be beneficial and used as ready reference templates by nursing students to plan and write nursing care plan in clinical setting New to this Edition OSCE for practical exams to helps prepare for practical exams during final exams Mental health assessment tools to make the screening and assessment of common psychiatric conditions easier for the students Nursing procedures to make the text more applied and clinical oriented Elective modules as per the revised syllabus prescribed by the Indian Nursing Council for undergraduate nursing students Updated text latest and concise information on revised content of the syllabus in psychiatry nursing Online ancillaries of important topics provided Revised and updated box tables figures for more interesting and joyful teaching learning **Psychiatric Mental Health Nursing** Patricia O'Brien,2008-08-15 Psychiatric Nursing provides a focused thorough introduction to psychiatric mental health nursing including nursing assessment and intervention of the most common mental disorders as classified in the DSM IV This text guides nurses in managing special populations clarifying neurobiologic theories and conducting psychiatric nursing evaluations Additionally Psychiatric Nursing presents the latest on psychotropic drugs addresses legal and ethical concerns within psychiatric nursing and discusses complementary and alternative therapies Perfect for undergraduate courses the text features Learning Objectives Key Terms Critical Thinking Questions Case Studies Clinical Examples Care Plans Diagnostic Criteria Patient and Family Education Internet Resources Implications for Evidence Based Practice Client Teaching Guides **Law, Values and Practice in Mental Health Nursing: a Handbook** Toby Williamson,Rowena Daw,2013-05-16 Mental health nurses need to work within the law to ensure good legal care for their patients while at the same time being guided by appropriate values This practical handbook for mental health nurses offers

an accessible and invaluable guide to mental health law and values based practice Written in an accessible and friendly way the book covers the different stages of mental healthcare delivery in a range of healthcare settings The book includes guidance on The Human Rights Act The Mental Capacity Act 2005 The Deprivation of Liberty safeguards The revised Mental Health Act Admitting people to hospital Discharging people into the community Working with those in care homes Working with children and young people The chapters include case studies based on real life to show how nurses can deal with complex and daunting scenarios in practice The book includes clear explanations of all relevant legislation as well as step by step guidance on how to deal with situations where mental health law applies This book is suitable for those preparing to qualify as well as those already qualified and working in a range of healthcare settings An essential text this book will empower nurses to practise with confidence I welcome this book as its integration of values based practice and legislation into the complex world of decision making in mental health services clarifies many issues This book is sure to become essential reading for students of mental health nursing Ian Hulatt Mental Health Advisor Royal College of Nursing UK This is an invaluable guide for all professionals working in mental health services written by two people who have unparalleled understanding of mental health and mental capacity law It should help practitioners understand both the intricacies of the law and how to retain a person centred approach when applying it Paul Farmer Chief Executive Mind An impressive and enlightening book that spans law ethics values and practice With the help of realistic scenarios it explains and applies the law with clarity and great practical understanding It will inform and reassure those struggling with the often painful dilemmas confronted over the course of providing nursing care to service users with mental disabilities Geneva Richardson Professor of Law King s College London UK

Psychiatric Nursing Norman L. Keltner, 2013-12-27 Learn the therapeutic skills you need for your role in psychiatric nursing care Psychiatric Nursing uses a practical three pronged approach to psychotherapeutic management that clearly explains how to care for patients with psychiatric disorders It emphasizes the nurse s three primary tools themselves medications and the environment Written by Norman L Keltner Carol E Bostrom and Teena McGuinness each an educator and advanced practice nurse this text covers the latest trends and treatments and provides a solid real world foundation for the practice of safe and effective psychiatric nursing care Unique A practical three pronged approach to psychotherapeutic management includes 1 the therapeutic nurse patient relationship 2 psychopharmacology and 3 milieu management Unique Norm s Notes offer helpful tips from the lead author at the beginning of each chapter making it easier to understand difficult topics Unique Putting It All Together summaries are provided at the end of each chapter Patient and Family Education boxes highlight information that should be provided to patients and families Family Issues boxes highlight the issues families must confront when a member suffers from mental illness Nursing care plans emphasize assessment planning nursing diagnoses implementation and evaluation for specific disorders Case studies depict psychiatric disorders and show the development of effective nursing care strategies Clinical examples from the

authors own experiences illustrate concepts with real life clinical situations Learning objectives at the beginning of each chapter preview the important principles to follow Study Notes summarize each chapter s important content Critical thinking questions help you expand your clinical reasoning skills Suicide and Other Self Destructive Behaviors chapter identifies risk factors associated with suicidality and various forms and characteristics of self mutilation War Related Psychiatric Disorders chapter describes the symptoms and treatment options for posttraumatic stress disorder and traumatic brain injury patients New approach for Introduction to Milieu Management chapter recognizes the shift of the therapeutic environment from inpatient units to community settings plus nurses changing roles New approach for Nutraceuticals and Mental Health chapter focuses on foods that provide health and medical benefits Student resources on the companion Evolve website include downloadable audio chapter summaries NCLEX examination style review questions psychotropic drug monographs and learning activities **Psychiatric Mental Health Nursing** Patricia G. O'Brien, Winifred Z. Kennedy, Karen A.

Ballard, 2012-02-15 A comprehensive easy to read introductory text for nursing students The book is organized into three sections Introduction to Psychiatric Mental Health Nursing Mental Health Disorders and Nursing Management of Special Populations This unique text is the most comprehensive psychiatric mental health resource available Psychiatric Nursing Care Plans - E-Book Katherine M. Fortinash, Patricia A. Holoday Worret, 2006-05-16 New care plans many that focus on the family join completely updated and revised care plans to make this text the most comprehensive psychiatric nursing care planning text available Dynamic internal design emphasizes the care plans as the focus of the text tabbed pages noting the relevant disorder and a complete list of care plans with page number references make finding a specific care plan easier than ever before Appropriate Nursing Interventions Classification NIC and Nursing Outcomes Classification NOC labels are presented with each care plan in order that students become familiar with these emerging classifications and practicing nurses can easily identify them for use in their care setting if applicable A comprehensive pharmacotherapy appendix includes the most recent psychotropic drug information and appropriate related client care Online Resources for the nurse client and family conclude each chapter Quick Reference to Triage Valerie G. A. Grossman, 2003 This user friendly quick access manual provides full range coverage of the triage process in emergency care from fundamental clinical guidance concerning patient assessment and treatment through the leadership skills and organizational skill building required by senior staff and emergency department management personnel This second edition offers updated features from the first edition such as alphabetized listings of patient complaints emergency alerts to help nurses recognize serious conditions quickly Pearls of Triage Wisdom with timely clinical tips and cross cultural considerations This edition also includes specific prioritizations for each triage guideline A brand new examination that will enable purchasers to receive continuing education credit is included A Brandon Hill Recommended Title Psychiatric Nursing Mary C Townsend, 2014-08-19 Here s the most complete and easy to use resource on how to develop practical individualized plans of care for psychiatric and mental health

patients It s really two books in one The first half provides the diagnostic information needed to create a care plan the second half covers the safe prescription and administration of psychotropic medications And the concepts can be applied to a variety of healthcare settings from in patient hospitalization through the outpatient clinic to home health and private practice Completely revised and updated throughout the 9th Edition reflects all of the new knowledge and new medications in the field including the DSM 5 all of today s new psychotropic medications and the 2012 2014 content in the NANDA Nursing Diagnoses Taxonomy II

Mental Health Nursing L. R. Uys,Lyn Middleton,2004 The essentials of mental health nursing are presented in this fourth edition of a landmark nursing textbook on psychiatric nursing in South African primary health care and community health care settings

The Psychiatric Nurse's Toolbox Rika Katie Haney,2025-01-22 Discover a practical resource designed for psychiatric nurses who want quick confident solutions to everyday clinical hurdles You will find easy to use tools that guide you from accurate assessment through evidence based interventions helping you manage frequent concerns such as depression mania and self harm Written in a clear straightforward style this book offers focused tips real world scenarios and up to date best practices so you can provide dependable support at every step Each chapter addresses a specific challenge ranging from emergency risk assessments to establishing effective care plans while highlighting proven techniques that blend compassionate care with professional expertise You will see how a structured approach speeds up crisis resolution boosts patient trust and encourages meaningful engagement with families and teams This essential reference supports your ongoing development whether you work in acute settings outpatient clinics or community programmes Step in prepared and empower those you serve with competent purposeful and empathetic care

Emergencies in Mental Health Nursing Patrick Callaghan,2012-11-29 Emergencies in Mental Health Nursing is a practical and accessible guide for mental health nurses confronted with emergencies It enables them to manage these emergencies in a therapeutic safe and legally proper manner As with all emergencies the immediate care of patients with mental health problems must be simple and quick so This book comprises easy to read bulleted short notes for quick reference and reliable guidance

Advanced Practice Psychiatric Nursing Kathleen R. Tusaie,2012-08-21 Print CourseSmart

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