3-357 Pacing exit seeking meds

TIPS Question:

Resident paces constantly and exit-seeks all the time. Person is on Effexor which energizes her and Seroquel which calms her. Should we have an antidepressant that is more calming?

Response:

Effexor is a mixed norepinephrine, serotonin and dopamine reuptake inhibitor. It is not specifically energizing as it can be sedating, i.e., it is patient specific. However it can cause anxiety because of the serotonin factor. The only antidepressant that is considered particularly energizing is Welbutrin. All the other available antidepressants have sedation potential. In regard to the exit-seeking, this may or may not be biological, i.e., responsive to medication. It will be very important to consider the usual suspects and remember that behaviour often has multiple causes, each providing an opportunity for intervention. For example, I recall a patient who always tried to get out of the unit at 3:00 p.m.; she was a nurse previously. She was seeing all the other staff leaving and these cues triggered her previous behaviour of "going home after her shift."

Please note: *TIPS information should be used similar to the way you would use information from a text book! TIPS is not intended to serve as an individual consultation service! P.I.E.C.E.S. participants should use this information in context and always work closely with the family physician involved in the care of the resident or client and with other Partners In Care to find solutions to individual resident/client issues.*