

# **NURS6630 Week 8 Assignment: Assessing And Treating Clients With Impulsivity, Compulsivity, And Addiction**

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Impulsivity, compulsivity, and addiction are challenging disorders for clients across the lifespan. These disorders often manifest as negative behaviors, resulting in adverse outcomes for clients. In your role as the psychiatric mental health nurse practitioner, you have the opportunity to help clients address underlying causes of the disorders and overcome these behaviors. For this Assignment, as you examine the client case study in this week's Learning Resources, consider how you might assess and treat clients presenting with impulsivity, compulsivity, and addiction.

## **Learning Objectives**

Students will:

- Assess client factors and history to develop personalized therapy plans for clients with impulsivity, compulsivity, and addiction
- Analyze factors that influence pharmacokinetic and pharmacodynamic processes in clients requiring therapy for impulsivity, compulsivity, and addiction
- Evaluate efficacy of treatment plans
- Analyze ethical and legal implications related to prescribing therapy for clients with impulsivity, compulsivity, and addiction.

## **Learning Resources**



Note: To access this week's required library resources, please click on the link to the Course Readings List, found in the Course Materials section of your Syllabus.

## **Required Readings**

Note: All Stahl resources can be accessed through the Walden Library using this link. This link will take you to a log-in page for the Walden Library. Once you log into the library, the Stahl website will appear.

Stahl, S. M. (2013). *Stahl's essential psychopharmacology: Neuroscientific basis and practical applications* (4th ed.). New York, NY: Cambridge University Press.

To access the following chapters, click on the Essential Psychopharmacology, 4th ed tab on the Stahl Online website and select the appropriate chapter. Be sure to read all sections on the left navigation bar for each chapter.

### **Chapter 14, "Impulsivity, Compulsivity, and Addiction"**

Stahl, S. M., & Grady, M. (2012). *Stahl's illustrated substance use and impulsive disorder*. New York, NY: Cambridge University Press.

To access the following chapter, click on the Illustrated Guides tab and then the Substance Use and Impulsive Disorders tab.

### **Chapter 10, "Disorders of Impulsivity and Compulsivity"**

Stahl, S. M. (2014b). *The prescriber's guide* (5th ed.). New York, NY: Cambridge University Press.

To access information on the following medications, click on The Prescriber's Guide, 5th ed tab on the Stahl Online website and select the appropriate medication.

Review the following medications:



For insomnia

- For obsessive-compulsive disorder

- Citalopram
- clomipramine
- escitalopram
- fluoxetine
- fluvoxamine
- paroxetine
- sertraline
- venlafaxine
- vilazodone

- For alcohol withdrawal

- chlordiazepoxide
- clonidine
- clorazepate
- diazepam
- lorazepam
- oxazepam

- For bulimia nervosa and binge eating

- fluoxetine
- topiramate
- zonisamide



- For alcohol abstinence
  - acamprosate
  - disulfiram
- For alcohol dependence
  - nalmefene
  - naltrexone
- For opioid dependence
  - buprenorphine
  - naltrexone
- For nicotine addiction
  - bupropion
  - varenicline

Book Excerpt: Substance Abuse and Mental Health Services Administration. (1999).

Treatment of adolescents with substance use disorders. Treatment Improvement

Protocol Series, No. 32. Retrieved from <http://www.ncbi.nlm.nih.gov/books/NBK64350/>

- Chapter 1, "Substance Use Among Adolescents"
- Chapter 2, "Tailoring Treatment to the Adolescent's Problem"
- Chapter 7, "Youths with Distinctive Treatment Needs"

University of Michigan Health System. (2016). Childhood trauma linked to worse

impulse control in adulthood, study finds. Retrieved from

<https://www.sciencedaily.com/releases/2016/01/160120201324.htm>

Note: Retrieved from Walden Library databases.



Grant, J. E., Odlaug, B. L., & Schreiber, L. N. (2014). Pharmacological treatments in pathological gambling. *British Journal of Clinical Pharmacology*, 77(2), 375–381. doi:10.1111/j.1365-2125.2012.04457.x

Note: Retrieved from Walden Library databases. NURS 6630 All Week Assignments latest

Loreck, D., Brandt, N. J., & DiPaula, B. (2016). Managing opioid abuse in older adults: Clinical considerations and challenges. *Journal of Gerontological Nursing*, 42(4), 10–15. doi:10.3928/00989134-20160314-04

Note: Retrieved from Walden Library databases.

Salmon, J. M., & Forester, B. (2012). Substance abuse and co-occurring psychiatric disorders in older adults: A clinical case and review of the relevant literature. *Journal of Dual Diagnosis*, 8(1), 74–84. doi:10.1080/15504263.2012.648439

Note: Retrieved from Walden Library databases.

Sanches, M., Scott-Gurnell, K., Patel, A., Caetano, S. C., Zunta-Soares, G. B., Hatch, J. P., & ... Soares, J. C. (2014). Impulsivity in children and adolescents with mood disorders and unaffected offspring of bipolar parents. *Comprehensive Psychiatry*, 55(6), 1337–1341. doi:10.1016/j.comppsy.2014.04.018

Note: Retrieved from Walden Library databases.

### **Required Media**

Laureate Education (2016c). Case study: A Puerto Rican woman with comorbid addiction [Interactive media file]. Baltimore, MD: Author

Note: This case study will serve as the foundation for this week's Assignment.



## To Prepare

- Review this week's Learning Resources. Consider how to assess and treat adolescent clients requiring therapy for impulsivity, compulsivity, and addiction.
- [NURS 6630 Course](#)
- [Week 8 Discussion](#)
- [Week 8 Case Study](#)

## The Assignment

Examine Case Study: A Puerto Rican Woman With Comorbid Addiction. You will be asked to make three decisions concerning the medication to prescribe to this client. Be sure to consider factors that might impact the client's pharmacokinetic and pharmacodynamic processes.

At each decision point stop to complete the following:

### Decision #1

- Which decision did you select?
- Why did you select this decision? Support your response with evidence and references to the Learning Resources.
- What were you hoping to achieve by making this decision? Support your response with evidence and references to the Learning Resources.
- Explain any difference between what you expected to achieve with Decision #1 and the results of the decision. Why were they different?

### Decision #2



- Why did you select this decision? Support your response with evidence and references to the Learning Resources.
- What were you hoping to achieve by making this decision? Support your response with evidence and references to the Learning Resources.
- Explain any difference between what you expected to achieve with Decision #2 and the results of the decision. Why were they different?

#### Decision #3

- Why did you select this decision? Support your response with evidence and references to the Learning Resources.
- What were you hoping to achieve by making this decision? Support your response with evidence and references to the Learning Resources.
- Explain any difference between what you expected to achieve with Decision #3 and the results of the decision. Why were they different?

#### Conclusion (1 page)

- Summarize your recommendations on the treatment options you selected for this patient. Be sure to justify your recommendations and support your response with clinically relevant and patient-specific resources, including the primary literature.

**Note:** Support your rationale with a minimum of five academic resources. While you may use the course text to support your rationale, it will not count toward the resource requirement. You should be utilizing the primary and secondary literature.