

# EASA Medication Guide

## 20 Questions

1. Sam is a 19-year-old EASA participant and is working with a team member on learning to ride the bus. Sam finds herself unable to remain still. Before the bus arrives, she repeatedly paces back-and-forth. On the bus she tries to sit, but ultimately needs to stand and shift her weight from one foot to the other. Finally, once the team member and EASA client reach their destination, Sam says: "I don't think I want to go inside. I feel like my bones are restless, I can't be still." About which antipsychotic side-effect should the EASA team member be most concerned?

- A) High blood pressure
- B) Akathisia
- C) Serotonin Syndrome
- D) Hypothyroidism (Low thyroid)
- E) Anosagnosia

2. Steve is a 10<sup>th</sup> grader who is experiencing psychosis. He believes that a video shown in his English class was able to beam thoughts into his head. This is an example of:

- A) A "negative" symptom
- B) Depression
- C) Thought insertion
- D) Thought broadcasting
- E) Thought withdrawal

3. You receive a flyer in your mailbox for a talk at a local restaurant that is sponsored by a major drug company. The title of the lecture suggests a major breakthrough with a new second-generation generation antipsychotic. Your response might be:

- A) One of unbridled enthusiasm as each new medication in this class has shown significant improvement over the last.
- B) To attend because you don't imagine this talk or free dinner having influence over prescribing or counseling practices.
- C) One of skepticism as many of the antipsychotics that have been studied in young people have not shown differences in terms of how long people remain on them or how effective they are at managing symptoms.
- D) To imagine that as long as the new medication has Federal Drug Administration (FDA) approval for the treatment of schizophrenia in young people, then this new product must be superior.

4. In order to visit with an EASA medical provider, EASA clients:

- A) Must agree to meet on a regular basis.
- B) Has to be taking psychiatric medication.
- C) Are required to take medications everyday.
- D) Should know that taking psychiatric medications is not a requirement.

5. The serotonin-reuptake inhibitors Fluoxetine and Sertraline are examples of medication that are used to treat:

- A) Schizophrenia
- B) Anxiety and Depression
- C) Personality Disorders
- D) Attention-deficit/Hyperactivity Disorder
- E) Epilepsy

6. The antipsychotic medication which requires making sure that the EASA participant is included in a national registry and receiving regular blood-monitoring for the side-effect of severe reduction in white blood cells is called:

- A) Clozapine
- B) Clonidine
- C) Clonazepam
- D) Risperidone
- E) Quetiapine

7. Which of the following is a major concern about using benzodiazepines to address a young person's anxiety?

- A) Medication dependence and the potential for abuse.
- B) Tardive dyskinesia
- C) Agranulocytosis
- D) Headache
- E) Appetite stimulation

8. In order to monitor for the development of "metabolic syndrome," which studies should be done before and during treatment with a second-generation antipsychotic?

- A) An MRI of the brain
- B) A chest x-ray
- C) A urine drug screen particularly looking for the presence of THC
- D) Vitamin D level
- E) A fasting lipid (cholesterol, triglycerides) panel.

9. In certain situations, stimulants may be used in individuals with schizophrenia. If psychostimulants are utilized, individual, family members and the treatment team should monitor for which of the following symptoms?

- A) Worsening of psychosis.
- B) Excessive sedation
- C) An increase in appetite
- D) Gynecomastia (development or enlargement of breast tissue)
- E) Excessive thirst

10. Which of the following is a common “first-try” antipsychotic medication treatment for schizophrenia-spectrum disorders in young people?

- A) Clozapine (Clozaril)
- B) Chlorpromazine (Thorazine)
- C) Acetaminophen (Tylenol)
- D) Aripiprazole (Abilify)
- E) Risperidone long-acting injectable (Risperial Consta)

11. Which of the following medications has an FDA approval for treatment of schizophrenia in young people.

- A) Omega-3 Fatty Acids
- B) L-theanine
- C) Gamma-amino-butyric acid (GABA)
- D) Mirtazapine (Remeron)
- E) Risperidone (Risperdal)

12. Which one of the following is a pillar of evidence-based medicine?

- A) Medication treatments should include pushing the dose until someone has side-effects then backing off.
- B) Placebo-controlled randomized control trials should be the sole means by which practitioners learn how to treat individuals.
- C) Patients should only be seen if they are adhering to the prescribed treatment regimen.
- D) When developing a treatment plan, an individual or family's preferences regarding treatment options must be taken into account.

13. Which of the following is an essential trace element necessary for proper functioning of enzymes, protein, and genes?

- A) Serotonin
- B) Norepinephrine
- C) Dopamine
- D) Xenon
- E) Zinc

14. Which of the following does the automatic involuntary movement scale or AIMS help medical providers monitor for?

- A) Metabolic syndrome
- B) Tics
- C) Serotonin syndrome
- D) GI distress specifically diarrhea.
- E) Extrapyramidal side-effects, movement disorders associated with antipsychotic treatment.

15. The mood stabilizer and anti-convulsant Lamotrigine must be initiated at a low dose and slowly increased due to the risk of the following:

- A) Extrapyramidal side-effects (movement disorders associated with antipsychotic treatment)
- B) Insomnia
- C) Stevens-Johnson reaction, a severe, life-threatening rash
- D) Gastrointestinal distress
- E) Hyperprolactinemia (high prolactin level resulting in breast enlargement)

16. James is a 21-year-old being treated with a long-acting injectable antipsychotic medication. This has helped him achieve many goals, including returning to college and enjoying a flourishing social life. Unfortunately, he is experiencing a lot of chest pain and even lactation (release of fluid from the nipple region). Which of the following is likely responsible?

- A) Hyperthyroidism (elevated thyroid hormone levels)
- B) Hyperlipidemia (high cholesterol)
- C) Hypomania
- D) Hyperprolactinemia (elevated prolactin levels, a hormone release by the pituitary gland)
- E) Hyperthermia

17. Venlafaxine and Duloxetine are examples of what type of medication?

- A) Serotonin-Reuptake Inhibitors (SRIs)
- B) Monoamine Oxidase Inhibitors (MAOIs)
- C) Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)
- D) Tricyclic Antidepressants (TCAs)

18. The latin phrase "*primum non nocere*" means this:

- A) First, do no harm.
- B) Start low and go slow.
- C) Use double-blind placebo-control trial data.
- D) Use sound clinical judgment.
- E) You must first agree to respect someone's medication preferences.

19. Susanna is a 21-year-old EASA participant who left the hospital on a medication regimen which includes Divalproex (Depakote) and Risperidone. She would like to resume sexual activity with her boyfriend. In the spirit of first doing no harm, particularly irreversible harm, the primary team should inform Susanna and her supports that:

- A) Risperidone may reduce libido.
- B) There are risks and benefits of continuing Divalproex. This includes the risk of birth defects in women taking this medicine and that they would like to work together wither Susanna to develop the best strategy for what to do next.
- C) Divalproex is linked to polycystic ovarian syndrome (PCOS).
- D) the patient should be advised to practice abstinence.

20. The brain activity wherein the emotional center of the brain—the limbic system and ventral tegmentum—determines whether or not something requires attention is called:

- A) Assigning emotional salience.
- B) Generating cerebellar ataxia.
- C) Motivation.
- D) Mirroring.