



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**

# The Physical Care of Mental Health Consumers

## Carer Handbook

A Component of the Clinical Guidelines for the  
Physical Care of Mental Health Consumers Package

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Mental Health Commission



# **‘The Physical Care of Mental Health Consumers – Carer Handbook’ has been developed to assist carers to work in partnership with consumers, clinicians, and mental health support staff in improving both your own and consumer physical health and well-being.**

Your physical health is just as important as your mental health and both can influence each other. So it is vital that you keep yourself healthy. This handbook provides information and useful tips to assist carers and consumers to work together in achieving improvements in their physical health and well-being.

There are five areas that can affect physical health:

- **Medication effects**
- **Lifestyle factors**
- **Physical disorders and allergies**
- **Alcohol and illicit drug use**
- **Social factors**

Different tests and surveys can be used to check that the person you care for is healthy and catch any problems before they become too harmful.

**The Carer Handbook is part of the Clinical Guidelines for the Physical Care of Mental Health Consumers’ assessment and monitoring package. The person you support, their doctors and their mental health support team will also have:**

## **Taking Care of Your Physical Health - Consumer Diary**

This diary is for consumer information and use, and aims to assist consumers to manage their own physical health. This will also help with working in partnership with carers, doctors, and their mental health support team. They will learn about tests for the side effects of medications, and what they can do to improve their physical health. A Carer Handbook will be provided to you when the consumer receives their diary, so that you can both work together on physical health issues.

## Wall Chart – Metabolic Syndrome Algorithm

The Metabolic Syndrome is a group of risk factors that can lead to heart disease and type 2 diabetes. The wall chart represents the basic physical health tests that need to be conducted when checking for Metabolic Syndrome such as tests for blood pressure, fasting lipids, fasting blood glucose, and measuring your waist.

## Clinician Handbook

The Clinician Handbook outlines specific information about medications and physical examinations, and gives an overview of the other major health areas that need to be monitored. Designed to be used by psychiatrists and general practitioners, this handbook is similar to the Consumer Diary and Carer Handbook.

## Lifestyle and Social Assessment

This booklet consists of tools and surveys to give consumers, doctors and the mental health support

team a deeper understanding of behaviours that affect consumer health and social situations. It covers many things such as culture, exercise, diet, smoking, dental care, and the support structures that the consumer has. It is easy to use for either consumers or the members of their mental health support team.

## Screening Forms

There are three screening forms. The general form lists the recommended tests for each medication that the consumer is taking. An additional form outlines further tests recommended for specific medications (e.g. sodium valproate–Depacon), and a third form has been provided for clozapine. These forms summarise results and sits in the consumer's medical file.

This adult assessment package provides an overall measure of each consumer's physical health, with information on the screening forms covering two years. This allows for the recognition of patterns and keeps information about each person's physical health in one place.

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## **How to Use This Handbook**

- This handbook has been designed to include many of the things that you will need to know about carer and consumer physical health.
- You don't need to read all of the information at once. Simply read one section at a time when needed.
- Only read the information that is relevant to you and the person you care for. So for example, in the medication section, you only need to look up the medications that this person is taking.
- Take your handbook with you to appointments so that you have information to assist you in your discussions with the person you care for, their doctors, and mental health support team.
- Many of the health tips in this handbook also apply to you. It is important that you don't neglect your own physical health.
- This diary is yours to keep so that you can be aware of possible physical health problems that may occur. It will enable you to keep an eye on your own health, and assist the person you support to care for their own health.

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## **Good Communication Checklist**

The following checklist has been taken from the '*Carers guide to information sharing with mental health clinicians: Communicating for better outcomes*' (UWA, Department of Health WA, the Mental Health Division, the Office of the Chief Psychiatrist, & Carers WA, 2007). This booklet can be obtained from Carers WA or the Office of the Chief Psychiatrist.

The Carers Recognition Act 2004 supports carers and requires that they be provided with the information they need to carry out the caring role. This checklist is to assist you in asking clinicians' questions and makes sure that you know what kind of information can be shared for the benefit of everyone involved.

As a carer, you should be able to access the following information. Other carers have found the information listed below has been beneficial for them.

### ***Carers to ask for and be given general verbal and written information about:***

- The mental health illness and diagnosis
- What behaviours to expect and how to handle them
- Medication – alternatives, benefits and possible side-effects
- Available local services for the consumer – both inpatient and community
- Available local services for the carer – government, private and community
- Local and national support groups

### ***Carers are given:***

- Ongoing opportunities to ask questions, give feedback, and discuss concerns
- The opportunity to see a health clinician on their own
- The right to confidentiality in communications with and to a clinician
- Positive feedback as a valued member of the care team
- Confidence to express their opinion and concerns
- Practical and emotional support
- An assessment of their own needs and written care plan when required

### ***Carers are given help in understanding:***

- The rights and responsibilities of consumers, carers, and mental health clinicians
- Any restrictions on sharing information requested by the consumer
- The aims of, and what is involved in, the consumer's treatment plan
- A written care and crisis plan and a recovery programme
- The roles of each health clinician involved in the care of the consumer

### ***Carers are to communicate to mental health clinicians:***

- Any history of the consumer relevant to the mental health illness and diagnosis
- Personal characteristics of the consumer that may influence the choice of medication or treatment
- Ongoing benefits or side-effects of medication or treatment on the consumer
- Problems they have in caring for the consumer and when they need help in practical problem solving
- If they would like training in cognitive behavioural therapy
- If they would like family therapy sessions

**Trust is essential in good care. Trust must be developed between health clinicians and carers. The different problems faced by each need to be understood before mutual respect and trust can grow.**

The following information in this handbook will help you in assisting the person you care for to improve their physical health. Remember, your physical health is important too, and much of this information will also relate to your own physical health. In addition to discussing specific strategies with the consumer's doctors and mental health support team, a list of services can be found in the back of this handbook to provide support for you in your carer role.

# LIFESTYLE

## Cholesterol

- Cholesterol is a type of fat that is normally produced in the liver. We can also increase our cholesterol levels through animal products such as fatty meats, full fat dairy products and egg yolks.
- High Density Lipoprotein Cholesterol (HDL-C) is known as 'good' cholesterol as it helps to protect us against heart disease.
- Low Density Lipoprotein Cholesterol (LDL-C) is known as 'bad' cholesterol as it sticks to and narrows our blood vessels.
- High LDL cholesterol and triglyceride levels are related to coronary heart disease and diabetes.
- Changes in cholesterol levels can also be influenced by some mental health medications.

### *Suggested target cholesterol levels:*

#### **High Density Lipoprotein Cholesterol (HDL-C) (mmol/L)**

*Desirable range*

≥ 1.03 Males

≥ 1.29 Females

*High Risk patient range*

> 1.0 Males and Females

#### **Low Density Lipoprotein Cholesterol (LDL-C) (mmol/L)**

*Desirable range*

< 3.0

*High Risk patient range*

< 2.0

#### **Triglycerides (TG) (mmol/L)**

*Desirable range*

< 1.7

*High Risk patient range*

< 1.5

#### **Total Cholesterol (TC) (mmol/L)**

*Desirable range*

< 5.5

*High Risk patient range*

< 4.0

*< less than, > greater than, ≥ equal to or greater than*

*The high risk patient range is for people who are close to developing or who already have a heart condition or diabetes.*



**People can improve their cholesterol levels if they:**

- Eat healthy foods such as fish and lean meat, vegetables, fruit, nuts, wholegrain foods, vegetable oils such as canola oil and extra virgin olive oil
- Choose reduced-fat dairy products
- Replace saturated fats with polyunsaturated and mono-unsaturated fats
- Avoid cakes, biscuits, pies and other pastries
- Have your cholesterol and lipid levels checked regularly

## Notes

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## Exercise

Regular physical activity improves fitness and energy levels, reduces the risk of heart disease, high blood pressure, type 2 diabetes and stroke, and tends to improve our sense of well-being. Exercise is important for both yourself and the person you are supporting.

At least 30 minutes per day of moderate intensity physical activity is recommended, and if you can, 30 minutes of vigorous intensity physical activity three to four times a week.

### *Activity Level*

<b>Vigorous intensity</b>	Jogging, aerobics, digging, fast bicycling
<b>Moderate intensity</b>	Walking, medium-paced swimming or bicycling
<b>Other</b>	Slow bicycling, carrying light loads

Warming up, cooling down, and stretching both before and after exercise, and a gradual build up to your daily routine will ensure maximum benefits and minimum harm.

### **Tips to start exercising:**

- Start gradually
- Exercise with a friend
- Make it part of your daily routine
- Make it fun

### **Exercise helps to:**

- Strengthen your muscles, bones and joints
- Increase your body's metabolism
- Increase your energy levels
- Improve sleep
- Improve your sense of well-being

## Weight

- It is important for people to keep an eye on their weight over time
- Use your weight measurement to calculate your BMI

### *Body Mass Index (BMI)*

BMI is a simple index of weight-for-height that is commonly used to classify underweight, overweight, and obese adults.

e.g. If your weight is 70kg and your height is 1.75m

Then your BMI =  $70 \text{ kg} / (1.75\text{m})^2$

=  $70 / 3.0625$

= 22.9

- Multiply height x height  
 $1.75\text{m}^2 = 1.75 \times 1.75 = 3.0625$
- Then do weight divided by the number you got for height x height  
 $70 / 3.0625$
- This will give you a BMI = 22.9

Now insert your own weight and your own height, and do the same calculations in place of the 70kg and 1.75m to find your BMI.

Check your BMI against the Index below to see whether you are at an increased risk of having health problems.

### **BMI Index**

< 18.50	Underweight	High Risk
18.50-24.99	Normal range	Normal
≥ 25.00-29.99	Overweight	High Risk
30.00-34.99	Obese	High Risk
≥ 35.00	Morbidly Obese	Very High Risk

## *Abdominal Girth*

Everyone needs to keep an eye on their physical health. Large waist measurements are associated with type 2 diabetes, hypertension, cardiovascular disease, and dyslipidemia.

### **To measure your abdominal girth (waist):**

- Measure halfway between your lowest rib and the top of your hipbone, roughly in line with your bellybutton
- Place the tape measure directly against your skin
- Breathe out normally
- Make sure the tape is snug, but not too tight against your skin

< 94cm (*male*)

< 80cm (*female*)

*Europid*

< 90cm (*male*)

< 80cm (*female*)

*Asian*

## *Diet*

If your weight, BMI and/or abdominal girth is in the High Risk range, you may need to ask for a healthy eating guide or a referral to a dietician to help you in choosing the best foods for you, and review your exercise level.

### Notes

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## Smoking

**Tobacco smoke contains about 4000 chemicals, including:**

- carbon monoxide
- hydrogen cyanide
- various nitrogen oxides
- tar
- known substances that can cause cancer (e.g. nitrosamines, toluidine, nickel, benzopyrene, cadmium, polonium 210)
  
- Around 20% of Australian adults smoke tobacco
- Just over half are seriously thinking about quitting
- Almost two thirds have tried to quit over the past five years

*Quitting before the age of 30 years removes almost all of the excess risk associated with smoking.*

*Quitting before the age of 50 years halves the risk of smoking-related death.*

### **Benefits of Quitting Smoking**

- Reduce your chance of cancer
- Reduce your chance of emphysema and other lung diseases
- Increase your blood circulation
- Save money
- Your sense of smell and the taste of food will improve
- You will have more energy and exercise will be easier
- Tobacco will no longer control your life

Many people attempt to give up smoking a number of times before they finally succeed.

### **Nicotine Replacement Therapy (NRT)**

- If you are considering using nicotine patches, the nicotine strength of the cigarettes or tobacco you smoke will determine the strength of the patches that will be most useful to you.

- You will need to see your doctor for prescription medication such as bupropion or varenicline (caution must be taken as these drugs have been linked to depression and suicide).

Consumers are asked to think about the questions below, and discuss their answers with their doctor or mental health support team. If you are also a smoker, these questions might also be helpful for you.

### **Interest in quitting**

- What would need to happen for you to be willing to quit?
- Why do you want/not want to quit?
- Do you need more information about smoking?
- Explore options for smoking cessation with your doctor or mental health support team.

### **Confidence in quitting**

- What would be the hardest thing about quitting?
- What made it difficult to quit last time you tried?
- Explore and tackle barriers (e.g. withdrawal, stress reduction, weight control) with your doctor or case worker.
- Identify supports that you have or need to put in place to be successful in quitting smoking.

## **Dental Health**

Your teeth and mouth are an important part of your body's system. Disease and decay in your mouth can affect the health of your whole body.

### **Problems:**

- Bad breath
- Ulcerated, bleeding and/or inflamed mucous membranes, lips and/or gums
- Decayed and/or fractured teeth
- Calculus on teeth
- Dry mouth

Some mental health medications can affect teeth and gums, so it is important that consumers have regular check-ups with their dentist.

Mental health and dental drugs can interact with each other, so it is very important to let the dentist know of any medications (including over the counter medications) that the consumer is currently taking.

### **Possible interactions:**

- Sedative effects
- Increased effect of the dental drug
- Increased heart rate and blood pressure
- Increased risk of agranulocytosis (a blood disease)
- Possible high blood pressure
- Increased metabolism
- Increased effects such as dry mouth, blurred vision, constipation and urinary retention

### **Things to Consider**

- Does the consumer wear dentures?
- Does the consumer have any problems with their teeth?  
*Pain, difficulty eating, decayed teeth, denture problems, dry mouth, ulcers, halitosis (bad breath), other?*
- Is the consumer taking medication that has oral side effects?

## **Sexual Health**

Sexual expression provides people with a sense of psychological, physical and social well-being.

### **Looking after your sexual health includes the ability to:**

- Make healthy life choices without guilt, fear, shame or false beliefs
- Enjoy positive and healthy relationships
- Be treated with respect
- Choose behaviours that are safe and without risk of infection and unplanned or unwanted pregnancy
- Celebrate all positive expressions of sexuality

*(Shine SA, 2008)*

Developing and maintaining healthy relationships is important for your well-being and can help with recovery. If the person you care for is having difficulties in their sex life, it's not always easy to talk to someone about it.

**Mental health issues can affect sexual health in many ways:**

- Stop you thinking clearly about the consequences of your sexual behaviour
- Make you more vulnerable to sexual exploitation from others by wanting love but only getting sex
- Make you hyper-sexual (wanting to have sex more than you usually would)
- Make you hypo-sexual (losing the desire to have sex)
- Not trusting the people that you love
- Not being sensitive to the people you care about
- Being emotionally withdrawn
- Affecting your confidence and self-esteem
- Low energy
- Past or continuing sexual, emotional, or physical abuse

**Mental health medications (including antidepressants) can affect sexual health through:**

- Decreased libido or decrease in sexual desire
- Impotence and problems with orgasm or ejaculation
- Fertility problems
- Skin sensitivity such as being too ticklish or painful
- Weight loss or gain which can affect self-esteem and self confidence
- Twitching or tongue chewing
- Dry mouth and lips
- Salivating too much

If the person you care for experiences any of these effects, suggest that they talk to their doctor about what can be done.

It is important for them to keep taking their medication until advised by their doctor. They may become very unwell if they suddenly stop taking them.





# 2 PHYSICAL DISORDERS

- Poor physical health can impact upon mental health and vice versa.
- Physical problems may have existed before the person you care for became unwell, or they may develop physical disorders during treatment.

The information below highlights problems that are common for people with a mental illness, and explains why physical health assessment is necessary for the overall health and well-being of everyone.

## IT IS IMPORTANT TO DISCUSS ANY PHYSICAL HEALTH PROBLEMS WITH THE DOCTOR

### Cardiovascular Disease

Cardiovascular disease is the term used for heart, stroke, and blood vessel diseases. It accounts for 36% of all deaths in Australia.

#### Key Risk Factors:

- Abnormal amount of lipids in the blood (dyslipidemia)
- Obesity
- Smoking
- High blood pressure (hypertension)
- High blood glucose (hyperglycemia)
- High cholesterol

#### Fortunately, there are many ways for you to reduce your risk:

- Exercise regularly
- Have your blood pressure checked
- Don't smoke
- Have your cholesterol and triglyceride levels checked
- Maintain a healthy weight
- Eat lots of fruit and vegetables

## Type 2 Diabetes

Insulin is a hormone made by your body to control your sugar levels. In people with type 2 diabetes, blood sugar levels are higher than normal because the body does not produce enough insulin or the body's cells become resistant to insulin.

### Risk Factors:

- Genetics
- Environment – high blood pressure, a lack of exercise & poor diet (may result in obesity)
- Mental health medications – elevated blood glucose levels

You can have type 2 diabetes and not know it because there may be no obvious symptoms. If the consumer does experience symptoms, they might include:

- Being excessively thirsty
- Blurred vision
- Passing urine more frequently
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Gradually putting on weight
- Leg cramps
- Feeling dizzy
- Mood swings
- Headaches
- Itching
- Skin infections

**IF THE PERSON YOU CARE FOR IS EXPERIENCING ANY OR MANY OF THESE SYMPTOMS, ENCOURAGE THEM TO TALK TO THEIR DOCTOR**

# Respiratory Disease

Chronic respiratory diseases are a group of illnesses and conditions that affect breathing and oxygen delivery around the body.

The respiratory system does two very important things:

- 1) It brings oxygen into our bodies, which we need for our cells to live and function properly
- 2) It helps us get rid of carbon dioxide, which is a waste product of functioning cells

## Some of the most common conditions are:

- Chronic Obstructive Pulmonary Disease (COPD) (e.g. bronchitis, emphysema)
- Asthma
- Respiratory allergies (allergic rhinitis and sinusitis)
- Occupational lung diseases
- Pulmonary hypertension (high blood pressure in the lungs blood vessels)
- Obstructive sleep apnoea (a condition where a person's breathing repeatedly stops and starts while they are asleep)
- Bronchiectasis (a disease of the lung)

There are some risk factors which will increase your chances of breathing difficulties and lung damage, and exercise will help to keep your lungs healthy.

## Risk factors and triggers:

- Smoking
- Allergens such as pollen, animal fur, mould
- Indoor air pollution like breathing second hand cigarette smoke, wood fires, gas heaters

- Outdoor air pollution such as car exhaust fumes, industrial or commercial gases or fumes
- Occupational risks and vulnerabilities like paint fumes, chemicals, gases
- Some medications such as beta-blockers (used for conditions such as high blood-pressure, migraine, angina), and non-steroidal anti-inflammatory (NSAIDs) drugs like aspirin or arthritis medications

## Irritable Bowel Syndrome (IBS) & Gastrointestinal Dysfunction

- Irritable Bowel Syndrome (IBS) is characterised by abdominal discomfort or pain, bloating, and diarrhoea and/or constipation
- IBS is thought to result from hypersensitivity in the bowel wall  
*(Talley, 2001, 2006)*
- 95% of the body's serotonin is in the gut

Some of the medications used to treat mental health conditions raise or lower serotonin levels in your brain, and many of these medications are taken in tablet form. Tablets are digested in your stomach, and could affect the stomach's serotonin levels and/or make your stomach very sensitive.

- Mental health consumers sometimes fluctuate between constipation and diarrhoea, and most experience some abdominal discomfort or pain

**IF THE PERSON YOU CARE FOR IS EXPERIENCING DISCOMFORT, ENCOURAGE THEM TO TALK TO THEIR DOCTOR**

# Cancer

Regular cancer screening helps protect your health through early detection, even if there are no signs or symptoms.

There are many different types of cancer. The most common for mental health consumers are:

## **Males**

- cancer of the brain (generally found in older consumers)
- prostate
- urinary / bladder
- lymphoma (a type of cancer involving cells of the immune system)
- leukaemia (cancer of the blood or bone marrow)
- lung

## **Females**

- cancer of the brain (generally found in older consumers)
- breast
- cervix
- ovary
- lung
- pancreas (a gland located just below the stomach)
- lymphoma (a type of cancer involving cells of the immune system)

Early diagnosis and treatment increases the chances of successfully treating or managing disease. So encourage the person you care for to talk to their doctor if they have unusual or worrying physical symptoms.

## HIV/AIDS & STI's

If the consumer is sexually active, or has used drugs, regular health checks for HIV/AIDS and Sexually Transmissible Infections (STI's) are recommended.

- STI's can cause serious infection, with pain, infertility and other problems if they remain untreated.
- Often there aren't any signs or symptoms
- The most common STI's are – chlamydia, herpes, and genital warts.
- Testing is usually quite simple
- Most STI's are easily treated
- HIV/AIDS is more likely with the use of illegal drugs, alcohol, and unsafe sex

### Practice Safe Sex

Safe sex is about reducing the risk of STI's and unplanned pregnancy. It includes choosing sexual behaviours that protect you and your partner from harm, violence and exploitation.

- Don't pressure anyone to do things that they don't want to do.
- Not everyone wants sex all of the time. It's okay to say no at any point.
- Explore other ways of being physically and sexually intimate, such as cuddling, kissing, and sensual massage.
- Use condoms to reduce the risk of STI's and unplanned pregnancy

## Hepatitis B and C

Hepatitis is a sickness of the liver. It can be caused by many things such as alcohol, drugs, chemicals, and some viruses.

### How do you catch Hep B?

- Hep B is found in blood, semen, vaginal fluids and breast milk
- You can catch it if you have unprotected sex
- You can catch Hep B if a tiny bit of blood from an infected person gets into your blood
- A mother can pass it onto her baby in the womb, during birth or through breast milk

### **How do you catch Hep C?**

- There are different types of Hep C
- You can catch Hep C if a tiny bit of blood from an infected person gets into your blood
- A mother can pass it onto her baby in the womb, during birth or through breast milk

### **How to protect yourself**

- If you are pregnant or trying to have a baby, get tested for Hep B and Hep C as early as possible
- You can get immunised against Hep B
- There is NO immunisation for Hep C
- Always practice safe sex
- If you inject, use your own new needle every time. Never share needles.
- Use your own toothbrush, dental floss and razor
- Cover cuts and sores

*(Department of Health – WA, 2005)*

## **Allergies**

Some people have or develop allergies over time. Allergies are the body's response to substances that it decides are harmful. You may experience things like inflammation, swelling or redness and itching in the skin, watery and itchy eyes and/or nose.

The allergies that consumers may have are in addition to any adverse reactions that they may experience with particular medications.





## Alcohol

- In Australia, 21% of people drink at a level that poses a high risk to their health
- Anxiety disorders often occur before an alcohol problem develops
- Alcohol disorders often occur before depression develops

Drinking beyond low risk levels can be harmful to your health. A standard drink depends upon what you are drinking (beer, wine, spirits), and the size of the container you are drinking from (a glass, stubby or a can).

### **One standard drink is:**

- A can of mid-strength beer
- A glass (100ml) of wine
- A shot (30ml) of spirits

According to the National Health and Medical Research Council, men and women should drink no more than two standard drinks per day to reduce their lifetime risk of harm. On any single occasion, they should not drink any more than four standard drinks to reduce their risk of alcohol related injury at that time.

**Drinking at these levels is not recommended if you:**

- are on medication
- have a condition made worse by drinking (e.g. high blood pressure or alcohol dependence)
- are pregnant or planning to be (refer to pregnancy section)
- are about to engage in activities requiring a degree of skill or risk (driving, flying, water sports, operating machinery)
- are under 18-years-of-age.

**Health complications from high risk drinking:**

- Liver failure
- Memory loss
- Brain damage (Wernicke's encephalopathy to Korsakoff's syndrome)
- Cancer of the mouth, throat, oesophagus, and intestines
- Aggression and violent behaviour
- Peptic ulcers
- Loss of sensation in arms, legs, fingers, toes
- Heart failure
- Anaemia
- Bleeding and/or severe inflammation of the stomach
- Vomiting
- Inflammation of the pancreas
- Sexual problems
- Birth defects
- Alcohol can also affect the metabolism of prescription drugs

Sometimes we don't really know how much alcohol we actually drink. It is a good idea to keep track of drinking behaviours to make sure that we are drinking within low risk levels.

## Illicit Drugs

Illicit (illegal) drugs are chemical substances that have an effect on the brain, which have been unlawfully obtained (i.e. no medical prescription for the drug).

Drugs can change the way your body functions and the way you feel. There are no controls on what illicit drugs are made of so you never really know what you're getting.

### **NO DRUG IS COMPLETELY SAFE.**

The effects of drugs vary from person to person. They depend on the type of drug taken, who is taking it (male/female, your physical and mental health, age, weight, experience with drugs), how much you use, where it is used and how you take the drug. The information below is relevant for anyone taking illicit drugs.

### *Health Complications:*

#### **Amphetamines and related drugs (e.g. ecstasy, cocaine)**

##### *When taken:*

Tension in your muscles, teeth grinding (bruxism), jaw clenching, restlessness of the legs, increased body temperature.

##### *Two to three days after:*

Pain and stiffness in the lower back, headache, nausea, dry mouth, blurred vision, loss of appetite, insomnia, fluctuating heart rate and blood pressure.

##### *For some:*

Hyperactivity, inability to focus, mild hallucinations, feeling unreal or detached from yourself or the world (depersonalisation), and anxiety can occur.

*Long term use can cause:*

Serotonin neurotoxicity, memory failure, affects decision making and information processing, greater impulsivity, panic attacks, recurrent paranoia and psychotic episodes, major physical toxicity (hepatic, cardiovascular, cerebral, and hyperpyrexia (abnormally high fever)), and possible death.

## **Opioids**

Much of the physical harm is caused by unsterilized needles, needle swapping (e.g. HIV/AIDS, Hepatitis C), intravenous use of drug preparations that are meant for oral use only, and abscesses and cellulitis.

## **Cannabis**

*During drug use:*

Effects on thinking and comprehending information, lowering of immunity, and possible psychosis.

*Long-term:*

Heavy smokers of cannabis risk serious harm to their respiratory system.

## **Anabolic Steroids**

There is an increase in anxiety, aggression, sexual behaviour, cardiovascular events. They affect your cholesterol levels, impair liver function, can cause liver cancer, jaundice, hypomania, and depression.

## Reducing the Risk of Harm:

- Different drugs will affect people in different ways. Don't assume that because a drug has a certain effect on your friend that it will be that way for you too
- Don't put yourself in risky situations – plan ahead
- Don't mix drugs
- Don't drive, swim, or operate heavy machinery
- Don't do it alone – make sure someone else knows so that if you get into trouble someone can get help
- If you feel unwell, tell someone

Sometimes we are not aware that our drug-taking behaviour is becoming a problem or that we are becoming dependent. It is a good idea to keep track of the substances that are taken and the effects they are having.



## Culture/Religion/Spirituality

### Values/Belief Systems:

“Culture includes, but is not restricted to, age or generation; gender; sexual orientation; occupation and socioeconomic status; ethnic origin or migrant experience; religious or spiritual belief; and disability”

*(Nursing Council of New Zealand, 2009, p.4).*

- There are many differences between religious and cultural beliefs, values and meaning, practices and customs, and these can result in alienation, discrimination, and abuse.
- There are individual differences within cultures as well as between cultures

By respecting and considering each other’s views, we acknowledge that different people require different types of assistance.





## Language:

Misunderstandings and communication breakdown can interfere with physical health, as the carer and consumer might not properly understand what they need to do to take care of themselves

- It is important that you tell people if you don't quite understand what they are saying to you.
- If English is your second language, the doctor or mental health support team can get an interpreter in your language for you so that you can better understand what they are saying to you, and they can better understand what you are saying to them.
- Some people prefer to have a family member or close friend with them during consultations. Let the doctor or mental health support team know this if it is what the consumer prefers.
- Carers are not to be used as interpreters. If the person you are caring for prefers for you to be with them, then you are there for support. An interpreter may still be required if English is yours or the consumer's second language and either of you are having difficulty with your understandings.

## Carer Health and Well-being:

Research on the emotional and physical effects of caring have shown higher levels of anxiety, depression, and stress when compared to the general population. It is also more likely that the carer will have physical health problem themselves.

**IT IS IMPORTANT THAT YOU TAKE THE TIME TO CARE FOR YOURSELF.**

The following pages outline the importance of relationships and support. You can obtain additional supports and resources from the services listed at the back of this handbook.

## Autonomy and Relatedness:

In western cultures like Australia, we tend to encourage and value high levels of autonomy or individuality and moderate levels of relatedness or connection to others.

- It is believed that people require a strong sense of control, achievement, competency, agency, independence, uniqueness, and separateness from others to maintain good emotional or mental health.
- In non-western cultures like Asia and Africa, high levels of relatedness and moderate levels of autonomy are encouraged and valued.
- These cultures emphasise communion, affiliation, connectedness, harmonious relationships, interdependence, and sociality to maintain emotional or mental health.
- Australia is a multi-cultural society, so we need to listen to what is important to the person instead of pushing our own values upon them.

- *What is important to you in your relationships with others?*
- *Do you follow a particular religion or faith, and how does this affect your life?*

## **Mental / Physical Health Beliefs:**

There is no universal explanation of mental illness that can be given to an entire cultural group. This means that different cultures hold different beliefs about mental illness, and different people within each culture have slightly different beliefs too.

Individuals and groups think about emotions, thoughts and behaviours within the context of their own society. This means that what you have been taught and your life experiences, along with those of the people around you, all contribute to what you believe about mental and physical illness today.

- *What is your understanding of physical health?*
- *What is your understanding of mental health?*
- *What do you understand about your particular problems and what do you think would help you to get better?*

## **Social Relationships**

Strong supportive relationships provide us with a kind of safety net so that we can cope with and manage the ups and downs of day to day life.

Social and emotional support is associated with:

- Lower disease risk
- Lower rates of mental illness
- Lower death rates
- Lower rates of substance abuse
- Better coping skills with stressful events and situations

**Support is typically emotional, cognitive, or material:**

*Emotional supports are needed when you experience a crisis:*

- For example, empathy and care from family and friends allows you to express feelings and emotions like fear, anxiety, or emotional distress.

*Cognitive supports are needed when you go through a transition or major change in your life:*

- For example, knowledge and information, and developing coping skills helps you with decision-making and personal direction.

*Material supports are needed when you experience a time of deficiency or a lack of resources:*

- For example, rent assistance and hostel accommodation helps when you don't have much money.

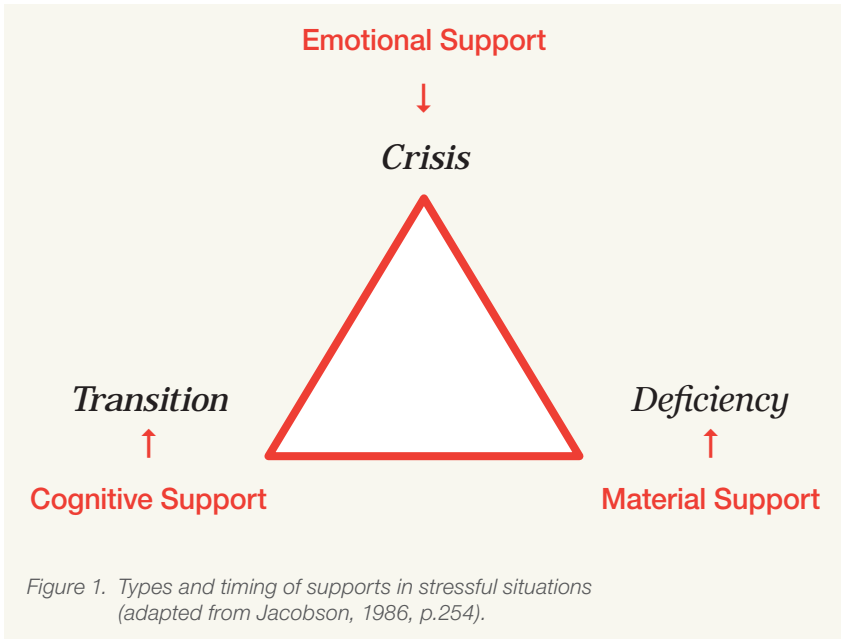


Figure 1. Types and timing of supports in stressful situations (adapted from Jacobson, 1986, p.254).

## **Family Relationships:**

- Family relationships are usually the first kinds of relationships we develop. Strong bonds with parents and siblings give us the security we need for healthy development and growth throughout childhood and our teenage years.
- Communication between consumers and family or carer(s) about what is important to them enables a better understanding of how you can best support them.
- In adulthood we still look to family for security and comfort, and advice when we are troubled. Families provide us with common understandings and shared goals for health and well-being.
- Many people have plenty of support from family and friends, but sometimes we are not able to give the people we care for what they need.
- If you feel that you are not able to give the kind of support that the person you are caring for needs, discuss this with the doctor or mental health support team.

## **Community Involvement:**

- Having a sense of belonging and a connection to others helps to protect people from poor physical health.
- Kindness, being in a non-stigmatising environment, and having other people listen to you helps with self-confidence and developing new social skills.
- Mental and physical health can benefit greatly by assisting others who also have mental health problems.
- When you offer support to others, you are drawing from your own lived experiences of mental illness. Many consumers find it a great comfort that their peers have a good idea of what they are currently experiencing.

## **Socio-Economic Status (SES) and Employment:**

Employment benefits both physical and mental health by:

- Promoting recovery
- Leading to better health outcomes
- Improving quality of life and well-being
- Reducing social exclusion
- Reducing poverty

People who have low incomes and low education levels (SES) are at a higher risk of poor physical and mental health.

Unemployment is associated with more negative symptoms and a poorer quality of life.

Negative symptoms can be reduced by getting involved in non-paying work such as study, job training, and volunteer work.

- *Think about the relationships that you have with friends and family members. What can you do to make sure that you have someone you can talk to or confide in?*
- *Think about the many different ways that you can gather information to help with the choices that you make in your life. What can you do to make sure that you have plenty of information?*
- *Think about the different kinds of services that are available to help you. What can you do to ensure that you have information about these services readily available just in case you need it?*
- *Do you currently provide emotional/cognitive/material support for someone else? (e.g. children, family members, friends)*
- *Do you currently work full-time, part-time, casual, volunteer worker, or are you unemployed? If you are unemployed, what can you do to improve your employment prospects?*



# 5

## MEDICATION

Mental health medications can help to improve emotional well-being. They are used to treat the symptoms of mental illness to help people to feel better.

Medications work differently for each person, so although two people might have similar problems, they may have been prescribed different medications. Do not give other people medication that is prescribed for the person you care for.





## Metabolic Syndrome

- One of the most common problems that mental health consumers have today is the metabolic syndrome.
- Many medications are associated with metabolic disturbances (disturbances in the way that the body breaks down food and transforms it into energy), which increases the risk of cardiovascular disease and type 2 diabetes.
- The doctor will monitor the consumer's mental and physical health to make sure that they get better and stay healthy.
- Monitoring means conducting some simple tests to reduce the risk of developing the metabolic syndrome.

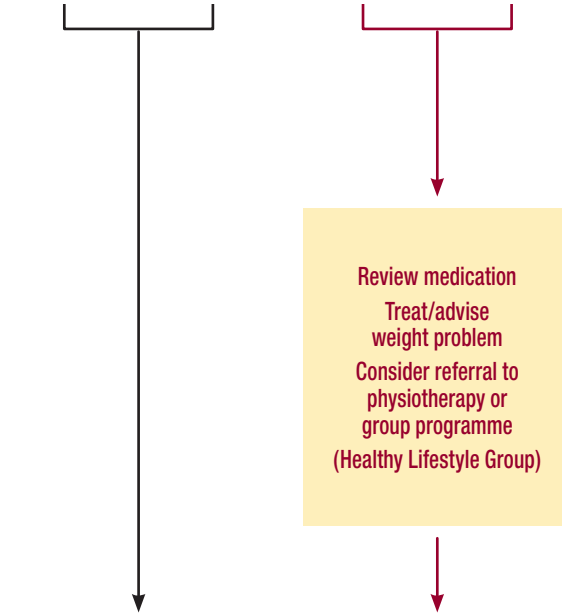
The next page shows the four main tests that need to be done:

- Waist measurement
- Blood pressure
- Lipid (cholesterol) levels
- Blood sugar levels

### Waist Circumference

<94cm (M)	<90cm (M)
<80cm (F)	<80cm (F)
Europid	Asian

≥94cm (M)	≥90cm (M)
≥80cm (F)	≥80cm (F)
Europid	Asian



Repeat monitoring  
- 3 monthly

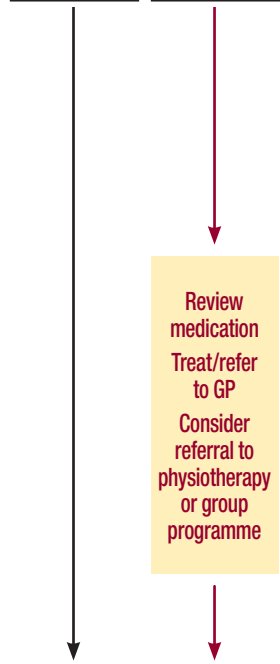
Within normal range – no action required

Further action needed

Treatment is required

### Blood Pressure

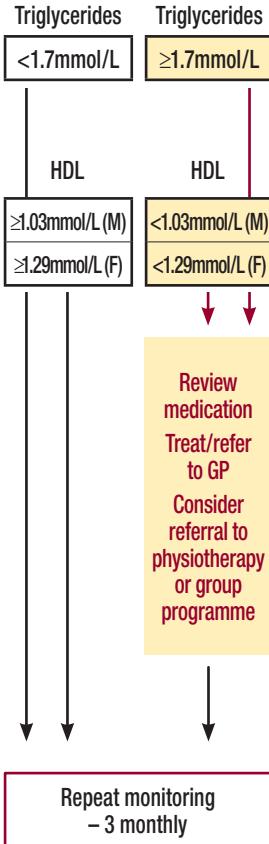
<130mmHg	≥130mmHg
<85mmHg	≥85mmHg



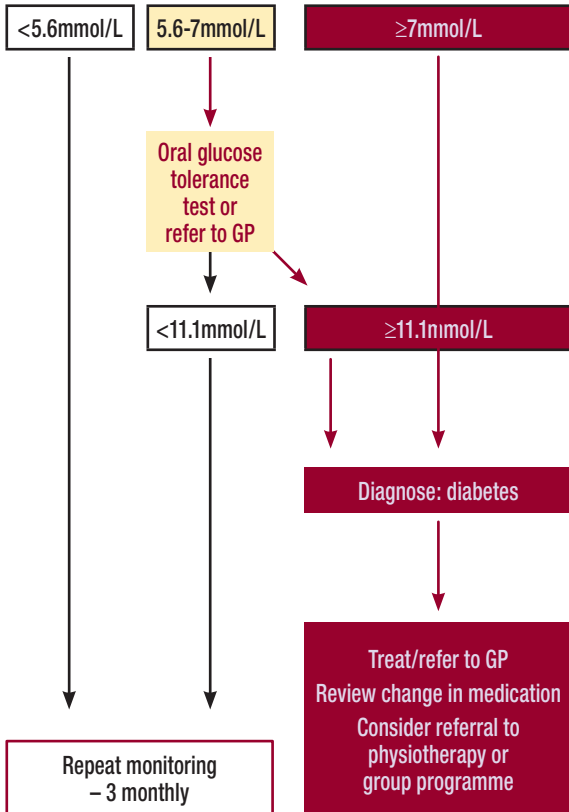
Repeat monitoring  
- 3 monthly

(M) Male  
(F) Female

## Fasting Lipids



## Fasting Blood Glucose



Based on Waterreus & Laugharne (2009).

Screening for the metabolic syndrome in patients receiving antipsychotic treatment: a proposed algorithm. *MJA*, 190 (4), 185-189.

**The doctor may prescribe medications to help improve the mental health problems that the person you care for has.**

**This section will outline the recommended tests that the doctors will do to help the consumer to remain physically healthy as well.**

- Many mental health medications can have adverse or unwanted side-effects.
- A lot of these side-effects will not occur, others will diminish over time, but some may not go away.
- If the consumer experiences any of these side-effects:

**DO NOT STOP TAKING THE MEDICATION.  
URGE THEM TO TALK TO THEIR DOCTOR.**

- Remember, these are only possible side-effects. Most of them will not occur.
- Look up the medications the consumer has been prescribed to see which tests might need to be done.
- Also listed are over-the-counter drugs, foods and drinks to avoid as they may cause side effects when they interact with the medication. Always check with a pharmacist.
- Be sure to ask the doctor if any of the medications the consumer might be taking for their physical health have side-effects that might alter their mood or mental health.

**KEEPING PHYSICALLY HEALTHY WILL HELP  
TO IMPROVE MENTAL HEALTH.**

## Antidepressants

### *Recommended Testing*

- Blood Pressure
- Fasting Blood Glucose
- Urea and Electrolytes
- ECG
- Liver Function Tests

## Selective Serotonin Reuptake Inhibitors – SSRIs

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Citalopram</i>	<i>Celica, Celexa, Cipramil, Celapram, Citalobell, Ciazil, Talohexal, Talam</i>
<i>Escitalopram</i>	<i>Lexapro, Esipram, Esitalo, Lexam, Loxalate</i>
<i>Fluoxetine</i>	<i>Prozac, Lovan, Fluohexal, Fluoxebell, Fluoxetine, Erocap, Auscap, Zactin</i>
<i>Fluvoxamine</i>	<i>Luvox, Faverin, Movox, Voxam</i>
<i>Paroxetine</i>	<i>Paxil, Aropax, Paxtine, Oxetine, Extine</i>
<i>Sertraline</i>	<i>Zoloft, Concorz, Eleva, Sertra, Setrona, Xydep</i>

### Common Side-effects

Slow onset of medication (4-12 weeks), nausea, agitation, insomnia, drowsiness, tremor, dry mouth, diarrhoea, constipation, dizziness, headache, sweating, weakness, anxiety, weight loss initially, weight gain long term, sexual difficulties, inflammation in the nose (rhinitis), muscle aches (myalgia), rash.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Medications used to treat migraines and nausea caused by migraines: Sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Medicines used to relieve pain, swelling and other symptoms of inflammation, arthritis, and medicines known to thin blood (anti-coagulants) and to prolong bleeding such as warfarin (e.g. Coumadin, Marevan), aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) (e.g. Disprin, Voltaren, Advil, Nurofen, Naprosyn)
- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat fungal infections like Ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox)
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), sibutramine (e.g. Reductil)
- Alcohol
- Minimise intake of caffeine-containing foods and beverages e.g. coffee, tea, chocolate, cola

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

## Serotonin-Norepinephrine Reuptake Inhibitors – SNRIs

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Venlafaxine</i>	<i>Efexor, Efexor-XR</i>
<i>Desvenlafaxine</i>	<i>Pristiq</i>
<i>Duloxetine</i>	<i>Cymbalta</i>

### Common Side-effects

Nausea, vomiting, anorexia, headache, sweating, rash, anxiety, dizziness, fatigue, syncope (fainting), tremor, high blood pressure (hypertension), insomnia, low blood sodium level (hyponatremia), agitation, sexual difficulties, sedation, dizziness when standing up (orthostatic hypotension), elevated cholesterol levels.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS.  
MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR  
DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### Over-the-Counter Medications, Foods and Beverages to Avoid:

- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Medicines used to treat migraines and nausea caused by migraines such as Duloxetine and Sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), sibutramine (e.g. Reductil)

- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat fungal infections like Ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox)
- Alcohol

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

### **Norepinephrine Reuptake Inhibitors – NRIs (NARI's)**

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

#### *GENERIC NAME*

*Reboxetine*

#### *BRAND NAME*

*Edronax, Norebox, Vestra, Prolift, Solvex*

#### **Common Side-effects**

Urinary retention, sweating, tingling or numbness, particularly in arms and legs (paraesthesia), constipation, dry mouth, increase in diastolic blood pressure, increase in heart rate, low libido, insomnia, headache, impotence, dizziness.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**



### **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Medicines used to treat migraines and nausea caused by migraines such as Sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Medicines used to treat fungal infections like Ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox)

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

### **Monoamine Oxidase Inhibitors – MAOI's**

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

#### *GENERIC NAME*

*Phenelzine*

*Tranylcypromine*

#### *BRAND NAME*

*Nardil*

*Parnate*

### **Common Side-effects**

A dizzy spell after standing (Orthostatic hypotension), sleep disturbances, headache, fatigue, drowsiness, weakness, agitation, tremors, twitching, quick, involuntary muscle jerks (myoclonus), overactive reflexes e.g. twitching (hyper-reflexia), constipation, dry mouth, weight gain, impotence, loss of libido, elevated serum enzymes.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Nasal decongestants (e.g. tablets, drops or spray) and sinus medications
- Hay-fever medications e.g. Nyal
- Asthma inhalant medications such as theophylline (e.g. Rifadin, Rimycin) and aminophylline
- Anti-appetite and weight-reducing medicines such as sibutramine (e.g. Reductil), orlistat (e.g. Xenical) and phentermine (e.g. Duromine, Metermine)
- ‘Pep’ pills or stimulants e.g. Red Bull drinks
- Medications or foods containing tryptophan, tyrosine, and phenylalanine
- Foods that may have undergone protein changes by ageing, pickling, fermentation or smoking to improve flavour such as smoked or pickled fish, liver, dry sausage (including hard salami, pepperoni)
- Meat, fish, poultry, dairy products or pate that are stale or smell ‘off’
- Cheese or foods with a high tyramine content (cottage cheese and cream cheese are allowed) – avoid general foods made from cheese e.g. spreads, cheesecake, pizza, mornay sauce
- Yoghurt, sour cream
- Yeast extract (including brewer’s yeast such as home brewed beers or liqueurs), yeast spreads and protein extracts e.g. Vegemite, Marmite, Bonox, Bovri, meat stock cubes, packet soup
- Alcohol-free and reduced alcohol beer, red wine
- Soy bean products e.g. soy sauce, miso, tofu
- Avocado, banana skins, pods of broad beans (fava bean pods), sauerkraut
- Too much caffeine and chocolate

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

## Reversible Inhibitors of Monoamine Oxidase – RIMA's

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Moclobemide</i>	<i>Aurox, Manerix, Aurorix, Amira, Clobemix, Maosig, Mohexal</i>

### Common to Infrequent

Nausea, dry mouth, anxiety, agitation, constipation, diarrhoea, insomnia, restlessness, dizziness, headache, sleepiness, tremor, visual disturbances, feelings of fullness (GI complaints), rash, intense itching (pruritus), hives (urticaria), flushing.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### Over-the-Counter Medications, Foods and Beverages to Avoid:

- Cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat migraines and nausea caused by migraines like sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

## Tricyclics

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Amitriptyline</i>	<i>Elavil, Endep, Tryptanol</i>
<i>Clomipramine</i>	<i>Anafranil, Placil</i>
<i>Dothiepin</i>	<i>Dothep, Prothiaden</i>
<i>Doxepin</i>	<i>Deptran, Sinequan</i>
<i>Imipramine</i>	<i>Tofranil, Tolerade, Melipramine</i>
<i>Nortriptyline</i>	<i>Allegron</i>
<i>Trimipramine</i>	<i>Surmontil</i>

### Common Side-effects

Sedation, dry mouth, blurred vision, decreased secretion of tears (lacrimation), constipation, weight gain, a dizzy spell after standing up (orthostatic hypotension), fast heartbeat due to the rapid firing of the sinus node in the heart (sinus tachycardia), urinary hesitancy or retention, food is not digested and moved normally through the gastrointestinal tract (reduced GI motility), acute confused state (anticholinergic delirium) (particularly elderly, Parkinson's disease), impotence, loss of libido, other sexual side-effects, tremor, dizziness, sweating, agitation, insomnia, anxiety, confusion.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### Over-the-Counter Medications, Foods and Beverages to Avoid:

- Medicines used to relieve stomach cramps, travel sickness, hayfever and allergies, coughs and colds that contain anticholinergics (e.g. Buscopan)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)

- Medicines used to thin the blood (anticoagulants), such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Antihistamines, cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid
- Medicines used to treat skin, hair or nail infections due to fungus like Terbinafine (e.g. Lamisil, Sebifin, Tamsil, Terbihexal, Terbix, Zabel)
- Nicotine in medicines used to help you quit smoking, such as nicotine patches or chewing gum – tell your doctor if you smoke
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), and sibutramine (e.g. Reductil)
- Medicines containing atropine (e.g. Atropt, Atropine eye drops, Atropine sulphate injection) or medicines for Irritable Bowel Syndrome (e.g. Probanthine, Buscopan)
- Medicines containing adrenaline and noradrenaline (e.g. nasal drops, decongestants, some cough mixtures, some local anaesthetics), used for severe allergic conditions and emergencies
- Oestrogens (e.g. birth control pills, hormone replacement therapy)
- Medicines which cause sleepiness or reduce pain, and medicines that numb the skin such as lignocaine (e.g. Difflam, Logicin, Emla)
- Alcohol, ‘Pep’ pills or stimulants (e.g. Red Bull drinks)
- Be careful to stay out of direct sunlight as much as possible until you find out if your skin is more sensitive than usual. Wear protective clothing and use a sunscreen. Do not use a sunlamp

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

## Noradrenergic & Specific Serotonergic Antidepressant's – NaSSA's

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Mirtazapine</i>	<i>Remeron, Avanza, Mirtazon, Axit</i>

### Common Side-effects

Increased appetite, weight gain, sedation, loss of strength (asthenia), swelling of the ankles, feet or fingers (peripheral oedema), dry mouth, weakness.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### Over-the-Counter Medications, Foods and Beverages to Avoid:

- Medicines used to treat migraines and nausea caused by migraines like sumatriptan (e.g. Imigran, Sumagran, Sumatab, Suvalan), rizatriptan (e.g. Maxalt Wafers), naratriptan (e.g. Naramig), zolmitriptan (e.g. Zomig) or metoclopramide hydrochloride (e.g. Metomax)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat fungal infections such as ketoconazole (e.g. Nizoral) and itraconazole (e.g. Sporanox),
- Medicines used to thin the blood (anticoagulants) such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- St John's Wort (*Hypericum perforatum*) – a herbal remedy

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

## Anxiolytics

### *Recommended Testing*

- Blood Pressure
- Fasting Blood Glucose
- Urea and Electrolytes
- ECG
- Liver Function Tests

## Benzodiazepines

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

### *GENERIC NAME*

*Alprazolam*  
*Bromazepam*

*Clobazam*  
*Clonazepam*  
*Diazepam*

*Flunitrazepam*  
*Lorazepam*  
*Midazolam*  
*Nitrazepam*  
*Oxazepam*  
*Temazepam*

*Triazolam*

### *BRAND NAME*

*Xanax, Alprax, Kalma*  
*Brazepam, Bromaze, Lexotan, Lectopam*  
*Frisium*  
*Klonopin, Paxam, Rivotril*  
*Valium, Antenex, Ducene, Valpam, Ranzepam*  
*Hypnodorm, Rohypnol*  
*Ativan*  
*Hypnovel*  
*Mogadon, Alodorm*  
*Serepax, Murelax, Alepam*  
*Euhypos, Normison, Temaze, Temtabs*  
*Halcion*

## **Common Side-effects**

Drowsiness, over-sedation, light-headedness, memory loss, excessive secretion of saliva (hypersalivation), unsteady movements (ataxia), slurred speech, risk of dependence.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

## **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Medicines used to prevent or relieve the symptoms of allergy such as hay fever (antihistamines) e.g. Claratyne, Codral, Demazin, Dimetapp
- Alcohol
- Medicines used to treat reflux and stomach ulcers like cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Sleeping tablets, sedatives, muscle relaxants
- Some pain relievers
- Some medicines used to treat bacterial infections
- Some medicines used to relieve stomach cramps, travel sickness, hay fever and allergies, coughs and colds (anticholinergics) (e.g. Buscopan)
- Medicines used to treat fungal infections such as ketoconazole (e.g. Nizoral), fluconazole (e.g. Canesoral, Diflucan, Dizole, Ozole), and itraconazole (e.g. Sporanox),
- Medicines used to treat asthma such as theophylline (e.g. Nuelin) and aminophylline
- Oral contraceptives
- Grapefruit juice

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**



## Mood Stabilisers/ Antipsychotics

### *Recommended Testing*

- Blood Pressure
- Fasting Blood Glucose
- ECG
- Liver Function Tests
- Urea and Electrolytes
- Full Blood Picture
- Abnormal Involuntary Movement Scale (AIMS)

Additional test for amisulpride, risperidone, and olanzapine:

- Serum Prolactin

Additional test for quetiapine:

- Thyroid Stimulating Hormone

## Mood Stabilisers / Anticonvulsants

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Gabapentin</i>	<i>Neurontin, Gabahexal, Gabaran, Gabatine, Gantin, Nupentin, Pendine</i>
<i>Pregabalin</i>	<i>Lyrica</i>
<i>Topiramate</i>	<i>Topamax, Epiramax, Tamate Tiagabine</i>
<i>Lamotrigine</i>	<i>Gabitril</i>
	<i>Lamictal, Elmendos, Lamidus, Lamogine, Lamotrust</i>

### Common Side-effects

Double vision (diplopia), blurred vision, dizziness, unsteady movements (ataxia), headache, sleepiness (somnolence), hyperactivity (hyperkinesias), nausea, vomiting, maculopapular rash (a specific type of rash), weight gain, diarrhoea, difficulty in articulating words (dysarthria), lethargy, memory impairment, euphoria, tremor, constipation, dry mouth, swelling of the ankles, feet or fingers (peripheral oedema), insomnia, (topiramate – reduced serum bicarbonate, kidney stones (nephrolithiasis), low white blood cell count (leucopenia).

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

## Over-the-Counter Medications, Foods and Beverages to Avoid:

- Antacids and medicines used to treat heartburn, reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Pain relievers such as Oxycodone (e.g. Endone, Oxycontin, Oxynorm, Proladone, Targin), morphine, or codeine (e.g. Codral), and pain relievers called opioid analgesics (e.g. Tramadol, Mersyndol, Panadeine Forte)
- Antihistamines for allergies, cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Any medicines that slow down your reactions. This may include medicines to help you sleep or relieve pain, antidepressants, tranquillisers or antihistamines which can make you drowsy (e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Oral contraceptives (e.g. the pill), Hormonal Replacement Therapy (HRT)
- Alcohol

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## Antipsychotics

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other. Below is a list of both so that you can find the drug you have been prescribed.

<i>GENERIC NAME</i>	<i>BRAND NAME</i>
<i>Olanzapine</i>	<i>Zyprexa</i>
<i>Quetiapine</i>	<i>Seroquel</i>
<i>Amisulpride</i>	<i>Solian, Amipride, Sulprix</i>
<i>Aripiprazole</i>	<i>Abilify</i>
<i>Risperidone</i>	<i>Risperdal, Ozidal, Resdone, Rispera, Rixadone</i>
<i>Ziprasidone</i>	<i>Geodon, Zeldox</i>
<i>Chlorpromazine</i>	<i>Thorazine, Largactil</i>
<i>Fluphenazine</i>	<i>Anatensol, Modecate, Prolixin, Prolixin Decanoate</i>
<i>Haloperidol</i>	<i>Haldol, Haldol Decanoate, Serenace</i>
<i>Droperidol</i>	<i>Droleptan</i>
<i>Flupenthixol</i>	<i>Fluanxol</i>
<i>Paliperidone</i>	<i>Invega</i>
<i>Pericyazine</i>	<i>Neulactil</i>
<i>Trifluoperazine</i>	<i>Vesprin, Stelazine</i>
<i>Zuclopenthixol</i>	<i>Clopixol</i>

### Common Side-effects

Sedation, anxiety, agitation, a dizzy spell upon standing (orthostatic hypotension), fast heart rate (tachycardia), blurred vision, moderate to marked weight gain, pupil dilation (mydriasis), constipation, nausea, dry mouth, urinary retention, sexual difficulties, high levels of prolactin in the blood (hyperprolactinaemia) may result in the secretion of breast milk in people who are not breastfeeding (galactorrhoea), development of breasts in males (gynaecomastia), absence of menstrual flow (amenorrhoea) or infertility.

## Extrapyramidal Side-effects

Muscle contractions, spasms (Dystonias), inner restlessness and the urge to physically move (akathisia), Parkinsonism, involuntary jerky movements of the face, jaws, tongue, trunk and limbs (tardive dyskinesia).

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

## Over-the-Counter Medications, Foods and Beverages to Avoid:

Speak to your doctor or pharmacist to find out which items on the list below specifically relate to the drug/s you are taking

- Alcohol
- Sleeping tablets, sedatives
- Some medicines used to treat bacterial infections such as ciprofloxacin (e.g. Cifran, Ciloxan eye and ear drops, Ciprol, Ciproxin)
- A medicine used to treat fungal infections – Ketoconazole (e.g. Nizoral)
- Antihistamines for allergies, cold and cough preparations (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid
- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet, Magicul, Sandimmun), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Medicines used to treat nausea and vomiting such as prochlorperazine (e.g. Stemetil, Stemzine), Metoclopramide (e.g. Maxolon, Metomax, Pramin)
- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Anticholinergics, found in some medicines used to relieve stomach

- cramps, travel sickness, hayfever and allergies, coughs and colds (e.g. Buscopan) (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- Pain relievers such as oxycodone (e.g. Endone, Oxycontin, Oxynorm, Proladone, Targin), morphine, or codeine (e.g. Codral), pain relievers called opioid analgesics (e.g. Tramadol, Mersyndol, Panadeine Forte)
  - Antacid, used to treat stomach upsets
  - Medicines used to relieve pain, swelling and other symptoms of inflammation, arthritis, and medicines known to thin blood (anti-coagulants) and to prolong bleeding such as warfarin (e.g. Coumadin, Marevan), aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) e.g. Disprin, Voltaren, Advil, Nurofen, Naprosyn, Glucocorticoids (steroid hormones) (e.g. Predsone, Panafcorte, Solone)
  - Adrenaline, a medicine used in emergency situations
  - A medicine used to treat worm infections – Piperazine (e.g. General, Ogen)
  - Certain medicines that are used to treat infections such as erythromycin (e.g. E-Mycin, Eryacne, Eryc), gatifloxacin (e.g. Zymar, Tequin), and moxifloxacin (e.g. Avelox)
  - Asthma inhalant medications such as ipratropium (e.g. Aeron, Apoven, Atrovent, Ipravent)
  - Stimulant laxatives
  - Grapefruit juice – Quetiapine, Aripiprazole
  - ‘Pep’ pills or stimulants e.g. Red Bull drinks
  - Smoking, nicotine, tobacco smoke
  - Be careful to stay out of direct sunlight as much as possible as exposure to sunlight may cause a skin rash, itching, redness or severe sunburn. Wear protective clothing and use a sunscreen. Do not use a sunlamp
  - May affect the way your body reacts to temperature changes
  - Eye sensitivity to sunlight

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## Specific Drug Monitoring

To maintain good physical health, certain medications will need additional tests and monitoring as they are slightly different to general antipsychotics or mood stabilisers.

Your doctor will explain why these extra tests are necessary, and how often they need to be conducted.

At the end of this diary, you can keep a record for yourself of your test results and when your next tests are due.

*Separate monitoring is suggested for:*

- Carbamazepine
- Lithium Carbonate
- Valproic Acid
- Clozapine

## Carbamazepine

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

### *Recommended Testing*

- Blood Pressure
- Full Blood Picture
- Urea and Electrolytes
- Thyroid Stimulating Hormone
- Fasting Blood Glucose
- Serum Carbamazepine
- Liver Function Tests

The brand names for carbamazepine are Tegretol, Teril, Equetro, and Carbatrol.

### Common Side-effects

Drowsiness, unsteady movements (ataxia), blurred vision, double vision (diplopia), headache, rash, dry mouth, abdominal pain, nausea, vomiting, anorexia, diarrhoea, constipation, low sodium blood levels (asymptomatic hyponatraemia), a decrease in number of white blood cells (leucopenia), a low platelet count in the blood (thrombocytopenia), increased liver enzymes.

### Severe Skin Reactions

Scaly, reddish, inflamed skin (exfoliative dermatitis); Stevens-Johnson syndrome and rash, skin peeling and sores (toxic epidermal necrolysis) – may also occur as part of multi-organ hypersensitivity syndrome. Serious reactions generally occur within the first few months of treatment and are more common in people of Asian ancestry.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**



### **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Sleeping tablets, sedatives, muscle relaxants such as dantrolene (e.g. Dantrium), oxybutynin (Ditropan, Oxytrol)
- Some pain relievers such as ibuprofen (e.g. Advil, Brufen, Dimetapp, Herron Blue, Neurofen, Sudafed), paracetamol (e.g. Panadol, Codral, Demazin, Dymadon), dextropropoxyphene (e.g. Capadex, Di-Gesic, Doloxene, Paradex) and tramadol (e.g. Durotram, Lodam, Tramahexal, Tramal, Tramdeo, Zydol)
- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro)
- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid.
- Some antibiotics and antifungal medicines used to treat infections such as Ketoconazole (e.g. Nizoral), clarithromycin (e.g. Clarac, Clarihexal, Klacid), erythromycin (e.g. E-Mycin, Eryc), doxycycline (Doryx, Doxsig, Doxylin, Frakas), itraconazole (e.g. Sporanox), fluconazole (e.g. Aspen, Canesoral, Diflucan, Dizole, Fluzole, Ozole), voriconazole (e.g. Vfend), rifampicin (e.g. Rifadin, Rimycin)
- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Antihistamines, medicines used to prevent or relieve the symptoms of allergy such as hay fever (e.g. Claratyne, Codral, Demazin, Dimetapp)
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Some medicines used to treat asthma such as Theophylline (e.g. Rifadin, Rimycin) and aminophylline
- A medicine used to treat nausea and vomiting – Metoclopramide (e.g. Anagrain, Maxolon, Metomax, Pramin)
- A medicine used to treat acne – Isotretinoin (e.g. Isotrex, Oratane, Roaccutane)
- A vitamin called nicotinamide

- A medicine used to treat worm infections – Praziquantel (e.g. Biltricide)
- Hormone Replacement Therapy (HRT), hormonal contraceptives, and medicines containing oestrogen or progesterone
- Grapefruit juice
- Alcohol
- Be careful to stay out of direct sunlight as much as possible until you find out if your skin is more sensitive than usual. Wear protective clothing and use a sunscreen. Do not use a sunlamp.

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## Lithium Carbonate

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

### *Recommended Testing*

- Blood Pressure
- Full Blood Picture
- Urinalysis
- Fasting Blood Glucose
- Thyroid Stimulating Hormone
- Urea and Electrolytes
- Serum Lithium
- ECG

**The brand names for lithium carbonate are Lithicarb and Quilonum.**

### **Common Side-effects**

Metallic taste, nausea, diarrhoea, epigastric discomfort (upper middle part of the abdomen), weight gain, fatigue, headache, dizziness (vertigo), tremor, acne, skin disease (psoriasis), excessive urination (polyuria), an increase in white blood cell count (leucocytosis), a low production of thyroid hormones (hypothyroidism), benign T wave changes on ECG.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

## **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Diuretic medicines, also called fluid or water tablets, like frusemide (e.g. Lasix, Uremide, Urex, Frusid, Frusehexal) a drug used to treat high blood pressure or to treat swelling of parts of the body caused by the build up of too much fluid
- Medicines used to treat asthma such as theophylline (e.g. Rifadin, Rimycin) and aminophylline
- Non-steroidal anti-inflammatory drugs such as indomethacin (e.g. Arthrexin, Indocid) and piroxicam (Feldene, Mobilis), as well as 'COX II inhibitors' such as celecoxib (e.g. Celebrex) and rofecoxib
- Weight-reducing medicines such as phentermine (e.g. Duromine, Metermine), and sibutramine (e.g. Reductil)
- Medicines that contain a steroid such as prednisolone (e.g. Panafcortelone, predMix, Prednefrin Forte Eye Drops, Predsol, Predsolone, Redipred, Scheriproct ointment, Solone)

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KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING,  
INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION  
FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**

## Valproic Acid

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

### *Recommended Testing*

- Blood Pressure
- Fasting Blood Glucose
- Full Blood Picture
- Liver Function Tests
- Prothrombin Time
- Valproic Acid
- ECG

**The brand names for Valproic Acid are Epilim, Valpro, and Valprease.**

### **Common Side-effects**

Nausea, vomiting, increased appetite, weight gain, tremor (dose-related), abnormal skin sensations e.g. tingling, tickling, itching, burning (paraesthesia), drowsiness, unsteady movements (ataxia), elevated liver transaminase concentrations (dose-related), excess ammonia in the blood (asymptomatic hyperammonaemia).

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Anticoagulants, which are medicines used to thin the blood such as warfarin (e.g. Coumadin, Marevan), and aspirin (e.g. Dispirin, Aspro) and other salicylates (pain relievers) (e.g. Arthrirub oil, Blistex, Bonjela, ChapStick Ultra SPF 30+, Deep Heat, Dencorub, Goanna, Metsal, Rubesal cream or spray)
- Oral contraceptives – should have little effect on the oral contraceptive pill, however, you should let your doctor know that you are taking it
- Medicines used to treat reflux and stomach ulcers e.g. cimetidine (e.g. Tagamet, Magicul, Sandimmun), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (Nexium), lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Alcohol

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## Clozapine

Mental health medications have both a generic name (chemical name) and a brand name (advertised name). Sometimes we are only familiar with one or the other.

### *Recommended Testing*

- Blood Pressure
- Fasting Blood Glucose
- Full Blood Picture
- Blood Type
- ECG
- Echocardiogram
- Liver Function Test
- Urea and Electrolytes
- Troponin T
- Pulse
- Temperature

**The brand names for clozapine are Clopine, Clozaril, CloSyn, and Clozapine**

### **Common Side-effects**

Drowsiness, increased salivation (hypersalivation – can cause aspiration pneumonia), constipation, seizures, headache, tachycardia (fast heartbeat), high fever (hyperpyrexia), hepatitis, blood disorder (neutropenia), weight gain, nausea, vomiting, urinary retention, urinary incontinence.

**REMEMBER, THESE ARE ONLY POSSIBLE SIDE-EFFECTS. MOST OF THEM WILL NOT OCCUR, BUT TALK TO YOUR DOCTOR IF YOU EXPERIENCE ANY OF THESE.**

### **Over-the-Counter Medications, Foods and Beverages to Avoid:**

- Strong pain relievers
- Antihistamines, medicines used to prevent or relieve the symptoms of allergy such as hay fever (e.g. Claratyne, Codral, Demazin, Dimetapp)

- Anticholinergics, found in some medicines used to relieve stomach cramps, travel sickness, hayfever and allergies, coughs and colds (e.g. Buscopan) (including those containing dextromethorphan e.g. Benadryl, Demazin, Codral, Dimetapp, Panadol Cold and Flu)
- A medicine which may be used in some eye drops to dilate the pupil of the eye or cough preparations, used for spasms – Atropine (e.g. Atropt, Lofenoxal, Lomotil, Minims),
- Adrenaline, a medicine used in emergency situations
- Medicines used to relieve pain, swelling and other symptoms of inflammation, arthritis, and medicines known to thin blood (anti-coagulants) and to prolong bleeding such as warfarin (e.g. Coumadin, Marevan), aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) e.g. Disprin, Voltaren, Advil, Nurofen, Naprosyn
- Medicines used to treat reflux and stomach ulcers such as cimetidine (e.g. Tagamet), omeprazole (e.g. Acimax, Meprazol, Losec), esomeprazole (e.g. Nexium), and lansoprazole (e.g. Lanzopran, Zopral, Zoton)
- Sleeping tablets, sedatives, muscle relaxants such as dantrolene (e.g. Dantrium), oxybutynin (Ditropan, Oxytrol)
- Medicines used to treat fungal infections such as Ketoconazole (e.g. Nizoral)
- St John's Wort (*Hypericum perforatum*) – a herbal remedy
- Minimise intake of caffeine-containing foods and beverages e.g. coffee, tea, chocolate, cola
- Nicotine in medicines used to help you quit smoking, such as nicotine patches or chewing gum – tell your doctor if you smoke
- Alcohol
- May affect the way your body reacts to temperature changes

**ALWAYS LET YOUR DOCTOR, PHARMACIST AND DENTIST KNOW OF ANY OTHER MEDICATIONS YOU ARE TAKING, INCLUDING THOSE THAT YOU BUY WITHOUT A PRESCRIPTION FROM A PHARMACY, SUPERMARKET, OR HEALTH FOOD SHOP.**



Below is a list of agencies that run courses, workshops or provide supports for both carers and consumers. On the next page is a space for you to list the names and contact details of important people and services to assist you as the carer and to assist the person you are caring for.

**ARAFMI – Association of Relatives and Friends of the Mentally Ill**

Provide counselling, advocacy, workshops and respite for carers of a person with mental ill health

**Carers WA**

Provide carers with counselling, advice, social and peer support, respite and referral to other agencies

**WAAMH – Western Australian Association for Mental Health**

Provide advocacy and representation for people with a mental illness and their carers

**MIFWA – Mental Illness Fellowship of Western Australia Inc**

Provide information and support services to people with a mental illness, their carers, families and friends

**CLAN WA Inc.**

Provide a wide range of community courses and supports for families

**Richmond Fellowship**

Provide recovery oriented programmes, accommodation and support services, and counselling for people with a mental illness

**CRCCs (Commonwealth Respite and Carelink Centres)**

Assess carer eligibility for respite and other services

**CoMHWA – (Consumers of Mental Health WA Inc)**

A consumer-run organization of self-directed, self-empowered, respected people connected to community, who coordinate, promote and support the consumer voice within mental health services and the wider community.







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CRICOS Provider Code: 00126G