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# MANIA

# WHAT IS MANIA?

Mania is part of a condition called bipolar disorder, also known as manic-depression.

Or

Bipolar disorder usually causes a person's mood to alternate between symptoms of depression and mania, a heightened energetic state.

This mood disorder affects more than two million Americans.

# CLINICAL FEATURES

The underlined characteristics are:-

- Elevated mood
- An increase in quantity & speed of physical & mental activity



# AFFECTIVE SYMPTOMS

**Elevated mood: it has 4 stages depending on severity of manic episodes**

- **EUPHORIA (stage-I)** : increased sense of psychological well being & happiness not in keeping with ongoing events
- **ELATION (stage-II)** : moderate elevation of mood with increased psychomotor activity
- **EXALTATION (stage-III)** : intense elation of mood with Delusions of Grandeur.
- **ECSTASY (stage-IV)** : severe elevation of mood , intense sense of rapture or blissfulness seen in delirious or stuporous mania

# BEHAVIORAL SYMPTOMS

- ⊙ Aggressiveness
- ⊙ Grandiose acts
- ⊙ Hyperactivity
- ⊙ Increased motor activity
- ⊙ Irresponsibility
- ⊙ Irritability
- ⊙ Argumentativeness

# CONT...

- ⊙ Poor personal grooming
- ⊙ Provocativeness
- ⊙ Increased social activity
- ⊙ Dressed up in gaudy or flamboyant clothes
- ⊙ Sexual hyperactivity



# COGNITIVE SYMPTOMS

- Ambitiousness
- Denial of realistic danger
- Easily distracted
- Flight of ideas
- Uses playful language
- Speaks loudly
- Delusions of grandeur
- Delusion of persecution
- Lack of judgment
- Distractibility



# PHYSIOLOGICAL SYMPTOMS

- Dehydration
- Inadequate nutrition (due to over-activity)
- Little need of sleep
- Weight loss



# DIAGNOSIS

- ICD-10
- Psychological tests as Young mania Rating Scale
- MSE
- Based on signs and symptoms



# TREATMENT

- Pharmacotherapy
- Electro-convulsive therapy
- Psychological treatment



# PSYCHOPHARMACOLOGY

- **MOOD STABILIZERS**

- Antimanic - Lithium

- Anticonvulsant - clonazepam, valproic acid

- Calcium channel blocker - verapamil

- **ANTIPSYCHOTICS**

- Olanzapine, Risperidone, Quetiapine  
Chlorpromazine, Haloperidol

- **SEDATIVES/HYPNOTICS**

- Benzodiazepines



# OTHER TREATMENT MODALITIES

- ◉ **Electroconvulsive Therapy** : ECT can also be used for acute manic excitement if not adequately responding to antipsychotic and lithium.
- ◉ **Psychosocial Treatment:**  
Family and marital therapy is used to decrease interfamilial and interpersonal difficulties and to reduce or modify stressors.

# NURSING MANAGEMENT

- **ASSESSMENT :-**

- Mental Status Examination

- Severity of disorder.

- Knowing the causes.

- Resources available.

- Judging the effect of patient's behavior on other people.

# SUMMERY

- At the end of class students will understand about the Mania, student will be able to explain the Meaning, Clinical features and nursing intervention of Mania.

# BIBLIOGRAPHY

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**THANK YOU**