LEARNING OBJECTIVES

On completion of this chapter, the reader will be able to:

1. Define the incidence, etiology, and pathophysiology of bipolar disorder.
2. List the *DSM-IV-TR* criteria for diagnosing bipolar disorder.
3. Explain the various roles of antipsychotics in the treatment of bipolar disorder.
4. Describe how benzodiazepines can aid in the treatment of acute mania.
5. Summarize the literature supporting the use of antipsychotics as mood stabilizers.
6. Compare and contrast the antiepileptic medications used in the treatment of bipolar disorder.
7. List baseline and routine laboratory tests and monitoring when prescribing antipsychotics and mood stabilizers.
8. Describe how to appropriately select drug therapy for acute mania in a patient with bipolar disorder and how to monitor for response and adverse effects.
9. Describe how to appropriately select drug therapy for acute depression in a patient with bipolar disorder and how to monitor for response and adverse effects.
10. Given patient-specific information, formulate a general treatment plan for a patient with bipolar disorder in an acute manic or depressive episode.
11. Evaluate and discuss the appropriateness of using antidepressants in bipolar disorder.
12. Design a treatment plan for a patient with bipolar disorder whose illness is currently stable.
13. Formulate a treatment plan for a special population patient, that is, pregnancy.
14. List drug interactions associated with lithium, sodium valproate, carbamazepine, and lamotrigine.
15. Describe nonpharmacologic treatment strategies associated with bipolar disorder.