Anti-anxiety drugs (p)

Benzodiazepines: PAM AND LAM, fast acting drugs, potentiate the effects of GABA

Uses

Anxiety disorders, panic attacks, preanesthetic sedative, muscle relaxant, convulsions or seizures, alcohol withdrawal

Adverse reactions

Mild drowsiness, sedation, lightheadedness, disorientation, dependence (long term use can lead to physical dependence, withdrawal symptoms may occur within 4 to 6 weeks of discontinued use with benzos)

Nursing alert

Symptoms of anxiety withdrawal; increased anxiety, decreased ability to concentrate, tremors and sensory disturbance

Contraindications

Psychoses, narrow angle glaucoma, pregnancy/lactation, (floppy infant) low vitals with alcohol intoxication, coma, shock

Precautions

Elderly

Interactions

Alcohol: increase CNS depression / convulsions

Analgesics: CNS depression

TRICYCLIC antidepressants: increased risk for sedation and respiratory depression

Antipsychotics: increased respiratory depression risk for sedation

Digoxin: dig toxicity

Benzos

Alprazolam: xanax
Uses: anxiety, panic disorders, (short term)
Adverse reactions: dry effects

**Chlordiazepoxide**: librium
Uses: anxiety disorders, acute alcohol withdrawal
Adverse reactions: same

**Clonazepam**: kolonapin
USES: panic disorder, anti convulsant
Adverse reactions: same

**Diazepam**: valium
Uses: pre op sedation, panic disorder, anxiety disorder, anticonvulsant (status epilepticus)
Adverse reactions: same (stay away from grapefruit juice)

**Lorazepam**: ativan
Uses: anxiety, pre op anesthetic
Adverse reactions: same