

Depression & Bipolar Presentations

Nursing

Two mood presentations, what differs, and why the distinction changes care.

Depressive presentation

- Persistent low mood, most of most days
- Loss of interest and pleasure
- Changed sleep, appetite and energy
- Slowed or agitated movement
- Hopelessness, guilt, poor concentration

Elevated presentation

- Elevated, expansive or irritable mood
- Reduced need for sleep, high energy
- Rapid speech and racing thoughts
- Increased activity and risk-taking
- Inflated confidence or grandiosity

THE DIFFERENCE THAT MATTERS

Bipolar disorder is diagnosed on the pattern over time, which is why the longitudinal history matters more than today.

Educational reference. Descriptive orientation only. Diagnosis and treatment are multidisciplinary decisions made with the person over