

- a. Methylphenidate is a stimulant that increases dopamine and norepinephrine levels that lead to stimulation of the inhibitory system of the central nervous system.
 - b. Common side effects of methylphenidate include anorexia, abdominal pain, headaches, sleep disturbances, and decreased growth velocity.
 - c. If decreased appetite is a concern, giving the psychostimulants with or after meals rather than before, encouraging consumption of nutritious snacks in the evening when the effects of the medication are decreasing, and serving frequent small meals with healthy “on the go” snacks are helpful interventions. Sleeplessness is reduced by administering medication early in the day.
3. If decreased appetite is a concern, giving the psychostimulants with or after meals rather than before, encouraging consumption of nutritious snacks in the evening when the effects of the medication are decreasing, and serving frequent small meals with healthy “on the go” snacks are helpful interventions. Sleeplessness is reduced by administering medication early in the day. Although Johnnie seems to have responded favorably to his medication and has demonstrated several positive effects of methylphenidate (improvement in math class and increasing self-confidence in social skills), the nurse should be concerned about the fact that Johnnie has not eaten his lunch for the past week and that he is not hungry. Decreased appetite is a negative side effect of methylphenidate.
4. Yes, the data indicate that Johnnie is currently experiencing a decrease in his appetite. Because decreased appetite is a common side effect of methylphenidate, there is a high probability that this symptom is related to Johnnie's medication. However, adjusting or