

**DCF Psychotropic Medication Advisory Committee**  
**Monthly Meeting Notes**

November 5, 2010 1:00PM

Riverview Hospital for Children and Youth  
Middletown, CT.

PRESENT: See enclosed attendance record.

1. Call to order: the meeting was called to order at 1:08 pm.
2. Set date/time of next meeting: The next meeting will take place on December 3, 2010 from 1-3PM; RHCY AB Conference Room.
3. Minutes: The minutes of the October 2010 PMAC meeting were reviewed and approved. The minutes will be posted on the website.
4. Announcements:
  - AACAP 57<sup>th</sup> Annual Meeting: no discussion.
  - Announced: Village for Families Annual Child Psychiatrist & APRN Breakfast to be held on November 11, 2010 from 8am – 1030am. Location: 1680 Albany Ave, Hartford, CT.
  - Feedback: DCF Outpatient MH Learning Community to take place October 7<sup>th</sup> 10am-12n at the Legislative Office Building, Hartford, CT. – none as no one present attended.
  - Feedback: KTP Children's Mental Health Gubernatorial Forum to take place on October 22<sup>nd</sup> at 630pm. Location: Woodrow Wilson Middle School, Middletown, CT.
    - a. The debate format was not well communicated.
    - b. There seemed to be many "canned" statements.
    - c. Noted that it was a public forum.
    - d. Discussed how to keep quality high on a reduced budget.
    - e. The discussion sometimes went off topic – example "bullying".
    - f. The candidates present did not engage in any actual debate of the issues.
    - g. Would be better to hear from actual families.
5. DSS Provider Bulletins:
  - Optimal dosing program: The optimal dosing program drug list was distributed and reviewed. PMAC members are asked to review this list and recommend what drugs should be removed from the list.
  - Noted that once/day dosing may not always be best practice with children and adolescents for:
    - Focalin
    - Ritalin LA
    - Adderall
    - Vyvance
  - PMAC members should contact Dr. Williams with recommendations for other drugs that should be removed from this list. Dr. Williams will then contact DSS (Jason) with the recommendation(s).
  - OLD BUSINESS: Cheryl is still researching the status of Medicaid coverage for treating alcohol use/abuse during pregnancy.

## 6. Med Protocol Review

- ❑ Some possible changes were recommended based on a comprehensive review of the protocol completed by the Pharmacist consultants. A document detailing the possible changes was distributed and reviewed in detail. The following changes were approved:
  - Delete verapamil from the approved drug list and protocol.
  - For mirtazapine: lipid profile periodically during therapy, FBS: Table pending research by the Pharmacist consultant to determine incidence rate.
- ❑ The recommended use of various rating scales in the protocol was discussed. PMAC recommends putting this information in the forward of the protocol as “good practice”.
- ❑ The logistics of utilizing these rating scales was discussed. This could be done by DCF when children enter the system. May not work logistically for all children. Possibly could perform this function only for children on psychotropic medications. This also could be done as part of the 30day screening process. It is felt that reasonable comprehensive measures are needed. This perhaps could be contracted. Multidisciplinary evaluation was suggested but it was noted that it’s validity is questionable. Various other system issues were discussed.
- ❑ Question arose as to whether PMAC should develop some rating scale or other evaluative tools.
- ❑ Dr. Williams will send a summary
- ❑ Formulary Revision: at the last PMAC meeting a recommendation was made to add an \* on the approved drug list adjacent to each drug with restrictions.
  - ❑ A revised protocol with and added key: \* = See Drug Use Guidelines for Restrictions and/or Other Important Information” and several medications changed to add a \* was distributed reviewed and discussed.
  - ❑ PMAC recommended several medication to retain an \*. The protocol will be amended accordingly.
- ❑ PMAC voted to remove molindone from the approved drug list as it is no longer available on the market.
- ❑ NY ACF Psychotropic Medication Unit (NYACFPMU): this organization has reviewed and may adopt the PMAC protocol. There are some differences between PMAC protocol and the NYACFPMU algorithms. Dr. DiLallo the Director of the NYACFPMU would like to attend the next PMAC as a guest and discuss the Algorithm/Protocol. PMAC agreed to invite him as a guest for the December 2010 meeting.
- ❑ The approval criteria for several states were briefly discussed. Provider profiling was also briefly discussed.
- ❑ A blueprint for an optimal delivery system was discussed. Dr. Williams will send this blueprint to PMAC members for review.
- ❑ After discussion it was felt that using BMI percentile is preferable to BMI. The protocol will be changed to “BMI Percentile”.

## 7. Obesity Subcommittee Report

- ❑ The Subcommittee Chair (Dr. Siegel) distributed and presented the first draft a comprehensive report. The report was reviewed and discussed in detail.
  - ❑ The Subcommittee requests comments and feedback on the content and organization of the report. Please give Section#, identify paragraphs, give page #'s etc. when providing feedback/commentary.
- ❑ There was some discussion on what interventions re obesity treatment/prevention might be billable.
- ❑ Metabolic syndrome (Page 3) was discussed regarding if this is only associated with psychotropic medications. It is felt that it is important to be clear that the risk is

- obesity and not only the medications. The obesity pathway leads to metabolic syndrome.
- Changing Page 3 item c discussed: first sentence needs to be changed so medications are not directly linked to reduced life expectancy.
  - Page 4 item D: recommend citing additional studies on obesity.
  - The possibility of utilizing some resource from UConn was discussed. Possibly share this draft with UConn for their input. Beth Muller will investigate this possibility and coordinate accordingly.
  - Communications and marketing will be discussed at the next meeting.
8. Writing Sub-Committee:
- Telephone conference call scheduled for Friday 12 Nov 2010 at 1500 ET.
9. Psychopharmacology Conference Planning Sub-Committee:
- Defer
10. DSS Medicaid Analysis:
- Defer
11. Article review:
- Defer
12. ADJOURNMENT: The meeting was adjourned at 3:05pm.

Respectfully Submitted:

David S. Aresco