

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
March, 2012

Riverview Hospital for Children and Youth, Middletown, CT.

PRESENT: David Aresco, Pharmacist; Lesley Siegel, M.D.; Amy Veivia, Pharmacist; Beth Muller, APRN; Alton Allen, M.D.; Carlos Gonzalez, M.D.; Brad Jubelirer, M.D.; Brian Keyes, M.D.; Waqar Azeem, M.D.; Debra Brown, M.D.; Jason Gott, Pharmacist; Irvin Jennings, M.D.; Joan Narad, M.D, Patricia Cables, APRN.

1. Call to order: Dr. Siegel called the meeting to order at 1:07pm.
2. Set date/time of next meeting: The next meeting is scheduled for April 13, 2012 from 1pm – 2:30pm; RHCY AB conference room.
3. Minutes: Review and approve minutes of the February 2012 meeting: Minutes approved with no changes.
4. Announcements: None
5. Old Business:
Melatonin: proposed Drug Use Guidelines distributed, reviewed and discussed. Noted that the usual dosing range is 2mg-6mg/day. The 465 will not be required, although if it is submitted it will be processed. The drug use guidelines will note: "Covered under general permission to treat (i.e. no need to submit a 465 to the Centralized Medication Consent Unit – CMCU). "
6. New Business:
 - None
7. Drug Information Inquiries
 - From DI phone line: None to report.
 - From PMAC:
 - General review on the use of Flaxseed Oil: Printed information was distributed (see attached) described and discussed. The content of omega-3 fatty acids discussed. Flaxseed oil vs. fish oil discussed. Noted questionable efficacy with ADHD and mood disorders. The maximum dosing for fish oil and flaxseed oil discussed. Noted that there are essentially no drug-drug interactions. The purity of various formulations discussed. Noted there are many USP verified fish oil and flaxseed oil products available. No actions recommended by PMAC.
 - Comparison analysis: 1st generation vs. 2nd generation antipsychotics focusing on efficacy and side effects: Information was distributed (see attached) and discussed. No new information is available at this time. No actions recommended by PMAC.
 - EKG's (annual) for atypical medications: current requirements per the drug use guidelines discussed. Interpretation of language used

discussed. Clozapine is the only antipsychotic requiring an EKG. Noted that DCF clients are usually on multiple medications (prescribed and not prescribed). PMAC recommends adding “or sooner if clinically indicated” to the yearly EKG recommendation.

- Teratogenic effect review:
 - Topiramate, lithium, divalproex sodium, oxcarbazepine: Discussion – last year topiramate changed from category C to D. Noted all listed medications are category D except oxcarbazepine which is category C. Noted that carbamazepine and lamotrigine are category C.
 - The committee discussed warning females prescribed these medications regarding potential birth defects such as cleft palate. Noted that youth should have a bigger role in providing assent and also in reviewing alternatives to pharmacotherapy. Suggested possibly developing a fact sheet of some type regarding psychotropic medications and pregnancy.
 - Noted that the UConn Health Center, Genetics Division has a pregnancy risk counseling service (860-523-6419)
 - PMAC recommends adding a pregnancy category indicator for each drug to the Drug Use Guidelines. It should be a letter designation and the definition of each letter should be added to the bottom of each page as are other abbreviations. Recommendation approved.

8. Other.

- It was noted that there is a significant drug-drug interaction between Celexa (in doses greater than 20mg/day) and birth control pills (BCP).
- PMAC recommends that a tool denoting significant drug-drug interactions with psychotropics be developed.
- PMAC Health and Wellness Report: Dr. Siegel reported that addressing obesity within the DCF population is now identified as a major area of interest within the DCF leadership team. A sub-committee has been appointed to put recommendations from the Feb. 2011 PMAC Health and Wellness Report in place. In addition, Ann Kiwanuka, APRN, from the DCF Prevention branch, has identified the 10 most overweight youth from each region (so 60 in all) through the congregate care nursing reports. The area offices are now working on plans for each of these youths to address this issue.

9. Adjournment: Dr. Siegel adjourned the meeting at 2:30pm.

Respectfully Submitted:
David S. Aresco RPh, FASCP