

**DCF Psychotropic Medication Advisory Committee
Meeting Minutes**

December 7, 2018, 1:00 PM

Present, Bryan Keyes, M.D.; Amy Veivia, Pharm.D.; David Aresco, Pharmacist; Paul Rao, M.D.; Roumen Nikolov, M.D.

1. Dr. Rao called the meeting to order at 102PM.
2. The next meeting is scheduled for January 4, 2019 from 1pm – 2:30pm at Albert J. Solnit Children’s Center 915 River Rd Middletown CT, A Building, Conference Rm A.
3. The minutes of the November 2018 meeting were reviewed and approved
4. Announcements: CMCU has hired a full time APRN (Dielka Brutus) with a start date of 14 December 2018.
5. Medication Therapeutic Class Review
 - Antipsychotics: An article on deprescribing was presented and discussed. If interested further details care available (contact Amy Veivia).
 - Dosing was discussed for several medications including clozapine.
 - The recommendation to add, under “special considerations,” “take with food” for lurasidone and Geodon, was approved.
 - The recommendation to add, under “special considerations,” “divided doses preferred” for lurasidone and Geodon, was approved.
 - A new formulation of risperidone was discussed. This formulation is a long-acting injection administered monthly. As it is not approved for use in children/adolescents, no action was taken at his time and it is not on the Approved Drug List.
 - Using hemoglobin A1c versus fasting blood glucose as a required baseline study prior to starting antipsychotics was discussed. Current medical guidelines will be consulted and results reported back to PMAC.
 - CMCU data for this drug class was presented and discussed.
 - i. From 2012-2018 there was approximately a 50% reduction in youth approved for antipsychotics despite similar numbers of youth in care during that time.
 - ii. The number of youth approved for two concurrent standing antipsychotics in 2012 was 30 and in 2018 was 2.
 - iii. Trends by placement and treatment setting were presented and discussed.
6. Old Business:
 - PMAC interest in contributing to the literature review for a proposed AACAP publication on de-prescribing was reported to the workgroup chairs and a response is pending.

- Effort to increase attendance/participation in PMAC.
 - i. Video Conference availability at Solnit: Remote teleconferencing is possible and all PMAC members can be invited via Webex. This is via a secure link. Members teleconferencing will need an internet connection, and a computer, phone, or tablet with a webcam and microphone. A test run will be attempted and if successful, the first meeting with videoconferencing could be January 2019.
 - ii. Provide CEU's/CME's: Chris Arnold from Solnit center has been contacted and it appears that CMEs are feasible provided that certain criteria are fulfilled. Medication class reviews were proposed as a recurrent topic that could provide CMEs. CME credits can be earned in ¼ hour credits. Amy will follow-up with Chris Arnold and report back to PMAC.
 - iii. Changing from monthly to every other month or quarterly meetings was discussed. Ultimately, PMAC decided to preserve the monthly schedule.
- iv. Shortening the meeting to 1hr was discussed. Ultimately, PMAC decided to preserve the current meeting length.

7. New Business

- There was discussion surrounding the use of medical cannabis in congregate care settings, and whether PMAC should make specific recommendations. It was determined that PMAC will not be making specific recommendations for DCF around this issue, as prescribed use for psychiatric purposes is not permitted for youth < 18 years old.

8. Dr. Rao adjourned the meeting at 210PM.

Respectfully submitted: David S. Aresco