

**DCF Psychotropic Medication Advisory Committee
Meeting Minutes
September 7, 2012
Solnit Center for Children, Middletown, CT.**

PRESENT: David Aresco, Pharmacist; Amy Veivia, Pharmacist; Alton Allen, M.D.; Chris Malinowski, APRN; Jason Gott, Pharmacist; Lesley Siegel, M.D.; Brian Keyes, M.D.; Joan Narad, M.D.; Pieter Joost Van Wattum, M.D.; Irvin Jennings, M.D.; Julie Flood (intern); Beth Muller, APRN; Debra Brown, M.D.; Patricia Cables, APRN; Rose Yu-Chin, M.D.; Muhammad Waqar Azeem, M.D.

1. Call to order: Dr. Siegel called the meeting to order at 1:10pm.
2. Set date/time of next meeting: The next meeting is scheduled for October 05, 2012 from 1pm – 2:30pm; Solnit Center AB conference room.
3. Minutes: Review and approve minutes of the June 2012 meeting: Minutes approved with one spelling correction in section 8 of minutes.
4. Announcements: New member: Rose Yu-Chin, M.D.: Medical Director, Value Options. Julie Flood Intern (quest): Introductions were done. Dr. Siegel explained the PMAC purpose and mission.
5. New Business:
 - CONFERENCE REPORT: “Because Minds Matter”: Presented by Dr. Siegel: A document regarding the *Because Minds Matter* conference was distributed and briefly reviewed. Links to the presentation are provided in the document: <http://www.pal-tech.com/web/psychotropic/>
 - Dr. Siegel distributed a resource guide that the Administration for Children and families (ACF) recently published entitled: *Making Healthy Choices: A Guide on Psychotropic medications for Youth in Foster Care*. The guide was developed by ACF staff in collaboration with youth and with many other organizations, including SAMHSA. An electronic version will be published on the CMCU website and is available through the following link: <http://www.nrcyd.ou.edu/psych-med-youth-guide>
 - A full overview of the meeting will be presented at the October 2012 PMAC meeting.
A brief overview was provided: the meeting was set up by the federal government. Connecticut had 6 representatives attend. Several presenter workshops were briefly discussed.

The structure of the meeting was presented and discussed: Each state was asked to prioritize 9 goals regarding what it is lacking in order to begin work on the new Medical Home Care Model.

CT issues included:

- integrated data sharing (identified as a top priority)
- access to complete and accurate information (identified as a top priority)
- cross system collaboration
- system wide screening and access
- evidence based therapies
- prospective vs retrospective drug use review
- increasing medication monitoring

The balanced use of psychotropic medications was discussed. This included appropriate dose, the issue of starting patients too young, polypharmacy, and others.

Two additional GAO reports are due out soon that will most likely bring more attention to psychotropic medication use.

- Concern over over-use of antipsychotic medications in children/youth. Noted that the classes of medication that generate the most revenue in the USA are (from 2009)
 - #1: Antipsychotics (14.6 billion \$)
 - #2: Lipid Regulators (14.3 billion \$)
 - #3: Proton pump inhibitors
 - #4: Antidepressants

- Max dose guideline: The entire document was reviewed by the PMAC. The following recommendations were made:
 - Define adolescent as starting at 13yrs old.
 - Lamotrigine (Lamictal): change “escalation” to “titration; change “old” to “yrs of age”, change “greater” to “older”. Additionally add to the protocol “may decrease the effectiveness of BCPs”.
 - Chlordiazepoxide (Librium): remove from the approved drug list, max dose guidelines, and the protocol.
 - Page numbers are to be added to all documents.
 - Add the word “Suggested” to the title of the Max Dose Guideline.
 - A recommendation to increase the max dose of Zoloft was NOT approved.
 - Concerta: there was discussion regarding the max dose of 108mg. The AACAP ADHD practice guidelines (published in JAACAP, July 2007) list 108mg as the "off label max/day". Recommendation is pending

additional research by Pharmacy & Therapeutics Consulting, Inc. (to be presented at the Oct. meeting)

- ❑ PMAC requests a full review be prepared by Pharmacy & Therapeutics Consulting, Inc. for the following drugs: Cymbalta (omitted fibromyalgia data), Latuda, and Viibryd. A recommendation to review prazosin was not approved.
 - ❑ At this time a recommendation was made to attempt to get an individual from the IOL on the PMAC. Dr. Siegel will investigate this possibility.
 - ❑ It was noted at this time there are about 50-60 prescribing practitioners for DCF committed children.
6. Drug Information Inquiries: (DEFER)
 7. Other: none
 8. Adjournment: Dr. Siegel adjourned the meeting at 2:35pm.

Respectfully Submitted:
David S. Aresco RPh, FASCP