

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
September 11, 2023, 1:00 PM

PRESENT via Video Conference: Paul Rao, MD; Margaret Rudin, APRN, PhD; Carissa Patsky-Pomerleau, MD; Naomi Libby, MD; Dielka Brutus, APRN; Nicole Taylor, MD; Amy Veivia, PharmD; Hyesil Adams, APRN; Margo Fugate, MD; Roumen Nikolov, MD; Tina Spokes, RN

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:05pm.
2. The minutes of the March 2023 meeting were reviewed and approved.
3. Discussion of PMAC's role in relation to DCF:
 - Review of PMAC mission: The mission of PMAC is to serve as an advisory committee to the CMCU and to develop guidelines and best practices for the prescribing, monitoring, and oversight of psychotropic medications for DCF involved youth.
 - Discussion of expectations of PMAC as an advisory board: Dr. Rao discussed membership and participation and noted that the goal is to establish a stable core group of community and DCF practitioners so that there is consistency and continuity in the discussions. Meetings will be scheduled quarterly.
 - Presentation of review and approval process for CMCU/PMAC guidelines: The following process was presented to the committee outlining review and approval process for CMCU/PMAC guidelines:
 - i. Medication classes will be reviewed internally by DCF/CMCU providers.
 - ii. Suggested updates to class and guideline revisions from the internal review will be presented to PMAC.
 - iii. PMAC will provide feedback and serve in an advisory capacity to the CMCU.
 - iv. CMCU will adopt guidelines or follow up with PMAC membership if issues remain.
 - v. PMAC will be notified once CMCU adopts the updated/revised medication guidelines.
4. Standing Agenda Items
 - Review of guidelines: The monitoring guidelines for the Second-Generation Antipsychotic (SGA) Medications were revised over the summer and these revisions were presented to PMAC for their review. It was noted that the guidelines are intended to be clarifying for providers prescribing SGAs as well as the DCF CMCU reviewers. There was some concern that adherence to laboratory orders may be an issue with some caregivers, and it was noted that clinical judgement is necessary in the administration of these guidelines.

Following review and discussion, the PMAC endorsed the revised guidelines and agreed that they should be adopted once formatted.

Conventional antipsychotics as a class were also mentioned, and it was proposed that this section be updated as well to reflect consistency with the updated SGA guidelines.

- Discussion on upcoming therapeutic class(es) for review: A. Veivia announced that the stimulant and non-stimulant ADHD medications will be reviewed this fall and revisions will be forwarded to PMAC prior to the December meeting.
 - Review of medications being considered for addition to the approved medication list: Viloxazine (Qelbree) was reviewed for inclusion in the approved medication list. It was noted that this medication had been reviewed previously and not approved due to limited data/experience with the medication at that time. CMCU reviewers noted an increasing number of requests being made to prescribe viloxazine as a non-stimulant alternative for foster youth with symptoms of ADHD. The safety and efficacy of viloxazine in randomized trials was reviewed. The committee ultimately voted to add viloxazine to the approved medication list for youth in DCF care.
5. Other Business: One member brought up concerns related to SGA-related weight gain for a DCF committed youth in a facility. It was suggested by members of the committee that collaborative involvement of the case worker and the treatment team could help with this situation
 6. Dr. Rao adjourned the meeting at 2:30 PM. The next meeting is scheduled for December 11, 2023, from 1pm – 2:30pm via Zoom.

Respectfully submitted: Amy Veivia, PharmD