

**DCF Psychotropic Medication Advisory Committee**  
**Meeting Minutes**  
**December 06, 2020, 1:00 PM**

**PRESENT via Video Conference: Paul Rao, MD; Irv Jennings, M.D.; Beth Muller, APRN; Margaret Rudin, APRN, PhD; Amy Veivia, Pharm.D.; Brian Keyes, M.D.; Pamela Heatherington, M.D.; Angela Ojide, APRN; Dielka Brutus APRN, Lee Combrinck-Graham, M.D.**

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:04pm.
2. The next meeting is scheduled for February 05, 2021 from 1pm – 2:30pm as a remote meeting.
3. Minutes: The minutes of the November 2020 meeting were reviewed and approved with no changes.
4. Announcements: There were no announcements.
5. Medication therapeutic class review and discussion: Antipsychotics
  - a. Research was conducted to find data with comparative efficacy, data on PRN use, data for Long Acting Injectable Antipsychotics and to review any available treatment guidelines. Articles addressing safety and efficacy data for the antipsychotics were discussed at length.

Dr. Rao led a detailed discussion of the article “What do we really know about PRN use in agitated children with mental health conditions: a clinical review” from BMJ co-authored by M. Baker and G. Carlson. Specific points made included:

- the need to identify underlying issues leading to the need for PRN medications
- the need to more responsibly order and assess PRN medications
- the inappropriateness of labeling all agitation or outbursts as irritability
- the assessment for the needs of a PRN should be a dynamic process

It was noted that it may be appropriate to ask the youth what measures they may find the most helpful to manage their agitation. Collaboration with the youth is not always built into PRN prescribing, which sometimes may be used to protect the treatment milieu. Committee members went on to share their experiences in proactive treatment planning and engagement with youth regarding the use of PRNs.

Discussion continued regarding the need for de-escalation training and the use of various non-pharmacological treatments. The committee recommended reviewing the DCF *Guidelines for the Use of Psychotropic Medications in Children and Adolescents* to ensure that de-escalation techniques and psychosocial interventions are considered part of the treatment plan. A. Veivia will forward the existing guidelines to the committee members for their feedback prior to the next meeting.

- b. The current PMAC protocol for antipsychotics was displayed; the committee was asked to forward any recommended changes to A. Veivia.
6. Standing Items:
- a. Obtaining vitals and laboratory tests and other assessments: No discussion this month.
  - b. PRN Statement in Monitoring Protocol: This issue was discussed, and the committee has requested that current DCF regulations be researched and brought back to the committee at the next meeting. It is unclear if we should have a succinct, explicit statement identifying under what circumstances PRNs are allowed and in what capacity. This will be discussed in February.
  - c. PMAC contributions to discussions around implementation of FFPSA: No discussion this month.
7. New Items: There were no new items on the agenda.
8. Other business: There was no other business discussed
9. Dr. Rao adjourned the meeting at 2:30PM.

Respectfully submitted: Amy Veivia, PharmD