

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
September 11, 2020, 1:00 PM

PRESENT via Video Conference: Paul Rao, MD; Beth Muller, APRN; Brian Keyes, MD; Pam Heatherington, MD; Dielka Brutus, APRN; Anjela Ojide, APRN; Carissa Patsky-Pomerleau, MD; John Pitegoff, MD; Amy Veivia, PharmD;

1. The meeting was held remotely via videoconference; Dr. Rao called the meeting to order at 1:03pm.
2. The next meeting is scheduled for October 2, 2020 from 1pm – 2:30pm as a remote meeting.
3. Minutes: The minutes of the July 2020 meeting were reviewed and approved.
4. Announcements: It was noted that Medicaid approval for telehealth coverage has been extended to February 2021.
5. Medication Therapeutic Class Review: The next class for review is the antidepressants. This will be on the October Agenda. The antidepressant class review will include a review of the literature regarding placebo response in treating depressive symptoms, head-to-head clinical trials of antidepressants, and new data regarding safety and efficacy of bupropion in youth.
6. Old Business:
 - Form 465 Medication Request Form: It was recommended to close this agenda item for now given the current climate during the pandemic. Discussion continued regarding obtaining studies and labs during the pandemic and while telehealth is in place. It was noted that some providers are scheduling brief in person visits to obtain the necessary tests and studies. The committee was reminded that the following statement can be found on the DCF CMCU Website:

“Given the effects of the COVID-19 pandemic, effective immediately, CMCU is waiving the monitoring requirements for atypical antipsychotics, lithium, VPA, and carbamazepine. This is being done to reduce non-emergency contact between families and healthcare workers, in line with current recommendations about preventing spread of the coronavirus.

Prior to requesting these medications, prescribing providers are expected to consider fully the shorter and longer-term risks of prescribing these medications without obtaining these studies. Please do not hesitate to contact the CMCU if there are any questions about this”.
 - Telehealth experiences and coordination of care challenges in the current climate: The discussion focused on the impact of COVID-19 on medication requests and is discussed below in New Business.

7. New Business:

- CMCU Data from Medication Requests: Dr. Rao presented medication request data from March-August 2020. There were 693 medication requests for 355 unique youth. It is unclear if there are fewer requests secondary to fewer office visits. It was noted that court review cases were down and that the need for medications may be less for some youth because there is decreased time in the classroom and fewer academic pressures.
- ADRs associated with diphenhydramine: The risk vs benefit ratio of the use of diphenhydramine and other antihistamines in youth was discussed, and review of the article, "Adverse events associated with diphenhydramine in children, 2008–2015" from Clinical Toxicology was presented.

Following the presentation, the committee discussed the implications for DCF involved youth. It was noted that most requests for diphenhydramine are for PRN use and are from the hospital setting; requests for PRNs are not approved outside of the hospital setting given the need for assessment capability if a PRN is administered. The committee recommended adding a warning statement to the guidelines addressing PRN use of medications in general.

8. Dr. Rao adjourned the meeting at 2:20PM.

Respectfully submitted: Amy Veivia, PharmD