

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

PRESENT via Video Conference: David Aresco RPh; Paul Rao, MD; Irv Jennings, M.D.; Beth Muller, APRN; Margaret Rudin, APRN, PhD; Laine Taylor, M.D.; Amy Veivia, Pharm.D.; Brian Keyes, M.D.; Carissa Patsky-Pomerleau, MD; Pamela Heatherington, M.D.; Roumen Nikolov, M.D.; Angela Ojide, APRN.

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 December 04, 2020 from 1pm – 2:30pm as a remote meeting.
3. Minutes: The minutes of the October 2020 meeting were reviewed and discussed. A small change was made to the language of item B, 6, regarding assessing pre and post PRN dosing of meds. The minutes were unanimously approved with this change.
4. Announcements: Dr. Laine Taylor child psychiatrist has joined PMAC and is in attendance today. Committee members welcomed Dr. Taylor to the group.
5. Medication therapeutic class review and discussion: Antidepressants.
 - i. Research was conducted to find data with comparative efficacy, placebo response data and also to determine if there are any treatment guidelines.
 - ii. The current PMAC protocol for antidepressants was displayed, reviewed and discussed.
 - iii. It was noted that fluoxetine is the most studied medication in this class of drugs.
 - iv. No new efficacy data was found with respect to bupropion.
 - v. A review of placebo response in antidepressants for youth was discussed. It was noted in the piece that placebo response is greater in children than in adults, and there is a difference in placebo response depending on whether symptom response is assessed by clinician or patient. One member noted that a placebo response seems greater to newer/novel medications.
 - vi. It was noted that placebo response may be lower if the depression is more severe.
 - vii. The GLAD article from 2018 and the NICE Guidelines were displayed, reviewed and discussed.
 - viii. The tricyclic antidepressants (TCAs) were discussed at length and in detail. It was noted that these medications are rarely requested for DCF youth. The side effect profile of these medications was discussed. A recommendation was made to remove some or all of the TCAs from the approved drug list. This recommendation was discussed but not approved. However, a recommendation to add language promoting caution with this class of medication and to consider it only for specific indications was approved.

6. The effects of remote visits and other COVID-19 changes on children especially relating to depression and/or anxiety were discussed. It was noted that referrals to clinics have decreased significantly. Additionally, the stress on clinicians having to practice remotely was discussed.

7. Dr. Rao adjourned the meeting at 2:30PM.

Respectfully submitted: David S. Aresco Consulting Pharmacist