

**DCF Psychotropic Medication Advisory Committee**  
**Meeting Minutes**  
**May 7, 2021, 1:00 PM**

**PRESENT via Video Conference: Paul Rao, M.D.; Margaret Rudin, APRN, PhD; ; Amy Veivia, Pharm.D.; Brian Keyes, M.D.; Carissa Patsky-Pomerleau, M.D.; Pamela Hetherington, M.D.; Dielka Brutus, APRN; Beth Muller, APRN; Angela Ojide, APRN; Nicole Taylor M.D.; Rouman Nikolov M.D.; Alton Allen M.D.**

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:10pm.
2. The next meeting will be held on June 4, 2021 from 1PM – 2:30pm as a remote meeting. This will be our last meeting before the summer break.
3. Minutes: The minutes of the March 2021 meeting were reviewed and approved.
4. Announcements: NONE
5. Medication therapeutic class review and discussion: No review this month

Lithium and anticonvulsants will be reviewed next month. The committee requested that information be provided regarding the most recent data supporting topiramate use, specifically related to its use as an appetite suppressant and for weight control. There was a question if the cognitive side effects of topiramate were dose related; this will be researched and discussed in June as well.

6. NEW Items:
  - i. Review of the Guidelines for Psychotropic Medication Use in Children and Adolescents: The revised draft of the guidelines was reviewed for final changes. Minor revisions were made, and the document was approved. This will be posted on the website once finalized.
  - ii. Age of assent: A question was raised as to how the age of >8 yrs. old was determined in the older versions of the PMAC guidelines; it remains unclear, so this language has been removed from the current guidelines. State statutory definitions were discussed, and an article about ethical approaches to assent in research settings was reviewed. The committee agreed that forming a relationship with the youth and building trust is essential in obtaining assent.
7. Standing items:
  - i. Obtaining vitals and laboratory tests and other assessments: The status of obtaining vitals and laboratory tests was discussed. While restrictions related to the pandemic are lifting, the revised recommendations will remain in place for the time being.

8. Other as time allows: The committee discussed the impact of the pandemic on mental health. It was noted that isolation, fear, and grief over lost loved ones has had a large impact. A. Veivia will continue to forward information regarding upcoming conferences and/or trainings addressing COVID and psychiatric issues in youth. A request was made to review data on post-COVID syndrome and its sequelae in September.
  
9. Dr. Rao adjourned the meeting at 2:30PM.

Respectfully submitted: Amy Veivia, PharmD