

**DCF Psychotropic Medication Advisory Committee**  
**Meeting Minutes**  
**June 4, 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; Angela Ojide, APRN; Rosina Bandanza M.D.**

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:02pm.
2. The next meeting will be held on September 10, 2021 from 1PM – 2:30pm as a remote meeting. The committee agreed that we would continue to meet via Zoom following our summer hiatus; attendance has improved since we have been meeting virtually and many agreed that it was easier to attend virtually given the fact that our members are located all over the state.
3. Minutes: The minutes of the May 2021 meeting were reviewed and approved with minor revisions.
4. Announcements: There were no announcements
5. Medication therapeutic class review and discussion:
  - a. Lithium and anticonvulsants were reviewed.
    - A recommendation was made to revise the frequency of required monitoring so that there was consistency between valproic acid and carbamazepine.
    - The committee endorsed removing the recommendation for collecting a TSH for the anticonvulsants; adverse reaction data does not indicate that these studies are necessary.
    - Other minor revisions in monitoring were recommended and approved.
    - A recommendation was made to add a warning to carbamazepine that concurrent use with oral contraceptives can reduce the effectiveness of the oral contraceptives.
  - b. The committee had previously 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. Two studies were shared with the committee and briefly discussed. Committee members shared their experiences in prescribing medications for weight loss for their patients and with collaborating with pediatricians, dieticians and endocrinologists for weight loss and obesity. It was noted that members routinely encourage healthy lifestyles and healthy food choices for their patients; these measures have modest effects and are impacted by the youth's home life and/or living arrangements.

There was also a question if the cognitive side effects of topiramate were dose related; this was researched and data was presented indicating that the cognitive side effects of topiramate are dose dependent, reversible upon discontinuation of the

- topiramate, and the incidence of these side effects is greater in youth than in adults.
- c. Anti-hypertensives and antidepressants will be reviewed at the September meeting. Members are encouraged to submit requests for specific information regarding these classes to A. Veivia over the summer. There was a request to review the most recent data for ketamine use in youth. This, along with treatment options for refractory depression will be discussed in September. One member brought up the role of medical marijuana and whether PMAC should discuss this; it was noted that Connecticut's approved indications for children are for medical conditions.
6. NEW Items:
    - a. Review of the Guidelines for Psychotropic Medication Use in Children and Adolescents: The final draft of the guidelines was distributed. This will be posted on the website next week.
  7. Standing items:
    - a. Obtaining vitals and laboratory tests and other assessments: The status of obtaining vitals and laboratory tests was discussed and will be reviewed in September. While restrictions related to the pandemic are lifting, the revised recommendations will remain in place for the time being and will be reconsidered once more information is available regarding COVID vaccinations for youth <12 years of age. A vaccination update will be included on the September agenda. It was noted that DCF is preparing for youth in its care 12 years of age and older to be vaccinated.
  8. Other as time allows: none
  9. Dr. Rao adjourned the meeting at 2:00PM.

Respectfully submitted: Amy Veivia, PharmD