

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
October 01, 2021, 1:00 PM

PRESENT via Video Conference: David Aresco RPh; Paul Rao, M.D.; Margaret Rudin, APRN, PhD; Amy Veivia, Pharm.D.; Bryan Keyes, M.D.; Carissa Patsky-Pomerleau; Pamela Heatherington; M.D.; Angela Ojide, APRN.; Dielka Brutus, APRN; Lindsey Taupier, Pharmacy Student (guest), Tina Spokes, R.N.

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:03pm.
2. The next meeting is scheduled for December 03, 2021, from 1pm – 2:30pm as a remote meeting.
3. Minutes: The minutes of the June 2021 meeting were reviewed and approved with minor grammatical changes.
4. Announcements: NONE
5. Medication therapeutic class review and discussion: Anti-hypertensives; Antidepressants.

Research was conducted and the results presented to the Committee by Dr. Veivia. The current PMAC protocol for these medication classes was distributed (via email), reviewed and discussed. Various findings from the literature and standard references were reviewed and discussed.

The maximum daily doses for amitriptyline, clomipramine, and desipramine were discussed in detail. It was noted there is very low utilization of these medications. A recommendation was made and approved to change the maximum daily dose of clomipramine to 3mg/kg up to 100mg for children and 150mg for adolescents.

The maximum daily doses of nortriptyline and imipramine were also discussed. A recommendation was made and approved to change the maximum daily dose of imipramine to 100mg for children and 150mg for adolescents. No changes were recommended for nortriptyline.

The next drug classes to be reviewed will be antipsychotics and benzodiazepines.

There was a request to provide up to date data regarding the use of LAI antipsychotics in children and adolescents at the next meeting. Tapering/cross tapering of antipsychotics was also discussed. Research will be done to determine if there are any guidelines for this in children and adolescents.

Benzodiazepines were further discussed, and it was noted that requests to the CMCU are typically for short-term use. It was further noted that most requests are for clonazepam or lorazepam and from inpatient settings. The neurologic uses for benzodiazepines were also noted.

A request was made to bring recommendations regarding tapering guidelines for benzodiazepines to the next meeting.

6. New Business:

- Post COVID syndrome and neuropsychiatric sequelae.

An article related to this subject was distributed, reviewed, and discussed. The article included data regarding frequency of symptomatology such as anxiety and depression. A Medscape news clip and a Lancet study published relating to this subject were also reviewed and discussed. It was noted that: COVID-19 has a higher incidence of neuropsychiatric sequelae compared to influenza and other respiratory viruses. This data was presented for informational purposes.

Some practice experiences were shared. The overall effect on learning and the youths' experience of school were discussed as well.

- COVID-19 vaccination status for youth <12 years of age.

This was discussed and it was noted that approval/authorization for 5–12-year-old children is anticipated to be coming soon.

7. Standing items:

- Obtaining vitals and laboratory tests and other assessments: This was discussed with no changes being recommended.

8. Other as time allows:

Long-acting injectable antipsychotic formulations were briefly discussed including status on the approved drug list. It was noted that this subject was discussed at the December 2020 meeting and will be discussed at our next meeting.

COVID-19 oral therapies were discussed. This was for informational purposes.

Disposal of medications was discussed including the option of returning medications to pharmacies and drop off points for medications.

9. Dr. Rao adjourned the meeting at 2:02PM.

Respectfully submitted: David S. Aresco, Consulting Pharmacist