

**DCF Psychotropic Medication Advisory Committee
Minutes**

November 4, 2016 1:00 PM

Present: see attendance sheet

1. Call to order by Dr. Nikolov at 1:04PM
2. The next meeting is scheduled for:
December 02, 2016 from 1pm – 2:30pm at Albert J. Solnit Children’s Center 915 River Rd Middletown CT, A Building, Conference Rm A.
3. The minutes of the June 2016 meeting were reviewed and approved with no changes.
4. Announcements: introductions of each member present was completed. The CMCU administratively is now part of the Albert J. Solnit Children’s Center. Dr. Nikolov asked that current PMAC members make an effort to recruit new members to include health care professionals and a parent advocate. Suggestions included contacting Jillian Wood of the Connecticut Council of Child and Adolescent Psychiatrists for a list of child psychiatrists who may be added to the invitation list, and reminding community providers and hospitals that PMAC is alive and well.

Additional discussion:

The possibility of arranging remote attendance to the PMAC to increase participation was discussed. Technical issues such as acoustics especially with phone conferencing were noted. The possibility of using “Go to Meeting” or some other meeting software was discussed. At this time, PMAC remains a meeting that must be attended in person.

A suggestion was made to communicate the existence and purpose of the PMAC to various Medical Societies.

5. Medication Therapeutic Class Review:
Anxiolytics and Sleep Aids:
Protocol review: protocol presented with changes under special considerations and FDA alerts. Approved as presented.
Approved drug list review: no changes recommended.
Pregnancy classification review: no changes recommended.
Max dose review: no changes recommended.
Utilization data review: DEFER
FDA warnings: noted for benzodiazepines and incorporated into the protocol.
Approved drug list consideration: None
Review of meds denied for the Approved Drug List (see below): Details of the rationale for denial for each drug were distributed, reviewed and discussed. No changes recommended.

-zaleplon

- zolpidem
- trazodone XR
- melatonin
- ramelteon
- gabapentin

6. Old Business: DCF PMAC approved drug list monograph review:

- Desvenlafaxine (Pristiq): a drug monograph was distributed, reviewed and discussed in detail. A recommendation was made and approved to not add desvenlafaxine to the approved drug list as there is currently no evidence to support the safe and efficacious use of this medication in children/adolescents.

7. New Business: discussion/review of the discrepancies between the CMCU approved drug list and the Solnit formulary:

- Drugs on the Solnit formulary: review for possible addition to the approved drug list. A monograph and/or other information was distributed, reviewed and discussed in detail for each medication listed below.
 - i. Molindone (Moban): Approved for addition to the PMAC approved drug list. Approved for use only in children >12yrs old. Maximum dose 20mg/day in children <30kg and 40mg/day in children >30kg. Additional protocol monitoring criteria will be researched and presented at the next PMAC meeting.
 - ii. Chloral hydrate: Denied as this med is not approved for use in the USA.
 - iii. Flurazepam (Dalmane): Denied. Although there is evidence that this medication can be used and is efficacious for insomnia in adolescents ≥ 15 yrs, old there are other short-acting benzodiazepines that are more effective for sleep if used in the short-term.
 - iv. Thioridazine (Mellaril): Denied as this medication is no longer included in the AACAP guidelines as a viable option for treating schizophrenia.
 - v. mesoridazine (Serentil): Denied as this medication was removed from the market in 2004 due to dangerous incidence of QTc prolongation.
 - vi. zolpidem (Ambien): Denied as it has not been shown to be efficacious in children under 18 years of age and has demonstrated significant adverse reactions, particularly in children with ADHS.

8. OTHER: Dr. Nikolov led a discussion regarding possible future agenda items for the PMAC. The discussion was robust with many suggestions. After considering the many suggested future agenda items, the PMAC recommended the following items to be on the agenda in the order listed below:

- Issues surrounding PRN use of medications
- Genotyping: issues, policies, procedures, etc.

Focusing on medication use in children ≤ 5 yrs old
Medication passport issues as they may relate to the CMCU
Use of and monitoring of psychosocial interventions
Educational services

9. Adjournment of meeting: 2:25PM

Respectfully submitted:
David S. Aresco