

DCF Psychotropic Medication Advisory Committee
Meeting Minutes
February 1, 2019, 1:00 PM

PRESENT: David Aresco, Pharmacist; Lee Combrinck-Graham, M.D.; Brian Keyes, M.D.; Beth Muller, APRN; Angela Ojide, APRN; Amy Veivia, PharmD.; Dielka Brutus, APRN, Paul Rao, MD.

1. Dr. Rao called the meeting to order at 108pm.
2. The next meeting is scheduled for March 1, 2019 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 January 2019 meeting were reviewed and approved with no changes.
4. Announcements:
 - Technical difficulties affecting the capacity for attendance by video conferencing at PMAC continue to be addressed by DCF IT. PMAC will be updated of new information regarding how to call in remotely once the technical difficulties are resolved.
 - Amy Veivia provided an update on the status of the applications for CME activity for monthly drug class reviews.
5. Medication Therapeutic Class Review
 - **Anticholinergics and Opioid Antagonists:** A thorough literature review was completed regarding this drug class and no changes are recommended based on that review.
 - i. There was some focused discussion on the use of and maximum dosing of anticholinergics. No changes were recommended.
 - ii. Regarding naltrexone: the question of efficacy for use in self-injurious behavior was raised. It was noted that it is often added as a medication of last resort to existing complex polypharmacy regimens for severely self-injuring youth. Ultimately no recommendations for changes were made.
6. Old Business:
 - Possible addition to the approved drug list: alprazolam and temazepam -- A literature search revealed there is no evidence to support the use of either medication in children/adolescents. Recommendation made and approved to NOT add these medications to the approved drug list.
7. New Business: JOURNAL CLUB:

- Article: “Association of Antipsychotic Treatment With Risk of Unexpected Death Among Children and Youths” by Ray W et al in the December 2018 JAMA Psychiatry. The article was distributed in advance to all PMAC members as part of a proposed CME “journal club” activity. A document summarizing the article was distributed and discussed in great detail. The discussion was led by Dr. Rao and assisted by Dr. Veivia.
 - i. The DCF CMCU guidelines around the monitoring of youths on antipsychotic was discussed in detail. Though no changes were recommended to the monitoring guidelines at this time, the ongoing significance of the findings of this article, and others that are likely to follow in its lead, will need to be considered in the future.

8. Other as time allows:

- A discussion ensued regarding Melatonin: A question was raised as to the validity of claims by certain “brands” to have submitted to quality testing. Research on this will be completed and results reported back to PMAC. Additional research will be done regarding “down regulating” receptors/pituitary. There were no changes made to the status of melatonin with respect to CMCU: CMCU will continue not to provide consent for melatonin, and these requests will continue to be referred to the area office.
- N-acetylcysteine was briefly discussed. Utilization, safety and efficacy of this agent will be researched and the results reported back to PMAC.
- The length of CMCU drug approval was discussed. Currently drugs are approved for 1 year then must be renewed.

9. Dr. Rao adjourned the meeting at 2:25PM.

Respectfully submitted: David S. Aresco, Pharmacist.