Psychotropic Prescribing Principles part 1

Child Psychiatry ECHO Consultation Clinic

DATE: August 29, 2016 PRESENTED BY: Keith Cheng MD
Principle’s on the Use of Psychotropic Medication in Children & Adolescents: Part 1
Learning Objectives

• Know salient Evaluation Elements
• Know critical medical history elements
• Know critical parts of monitoring plan
• Know how to obtain consent and assent
• List critical communication partners
• Know basic elements of treatment planning
• Assent & Consent
Salient Evaluation Elements

- Psychosocial Factors (SDOF)
- Presence of Comorbid Disorders
- What meds haven’t worked/worked
- Trauma History and Weapons in the home
- Using Rating Scales
- Indications for Psychological Testing
Medical History

- Medical Illness as risks to psychotropic treatment
- OTCs & naturopathic treatments
- Alcohol, Marijuana, Other Illicit Drugs
- Parental response to psychotropic medications
- Sleep Hygiene
- Nutritional Status (vitamin D, Ferritin, Folate)
- Allergies & Sensitivities
Communication Partners

• Mental Health Providers (psychological assessment)
• School Staff (school testing, IEP or 504 plans)
• Welfare Guardians DHS
• Oregon Youth Authority (OYA)
• Mental Retardation and Developmental Disability workers (MRDD)
Setting up the Rx Plan

- Determining Target Symptoms
- Determining medications & using algorithms
- Baseline Labs & Rating Scales
- Psychosocial Interventions First vs Combo Rx
- Initiation Phase (starting doses & titrations)
- Maintenance Phase (follow up visits)
- Discontinuation Plan (indications & tapering)
Monitoring

• Target Symptoms
• Rating Scales
• Parental & Teacher Reports
• Vitals
• Medical Monitoring (med levels, labs)
Assent & Consent

- Assent improves adherence
- Consent needs commitment
- Explore attitudes about illness & meds
- Proper expectations about results
- Safety Issues (storage, abrupt cessation)
- Prescriptions & Refill rules
Major Reference

“The good news is there are lots of medications to choose from. The bad news is there are lots of medications to choose from”

Dr. Cheng
Thank You