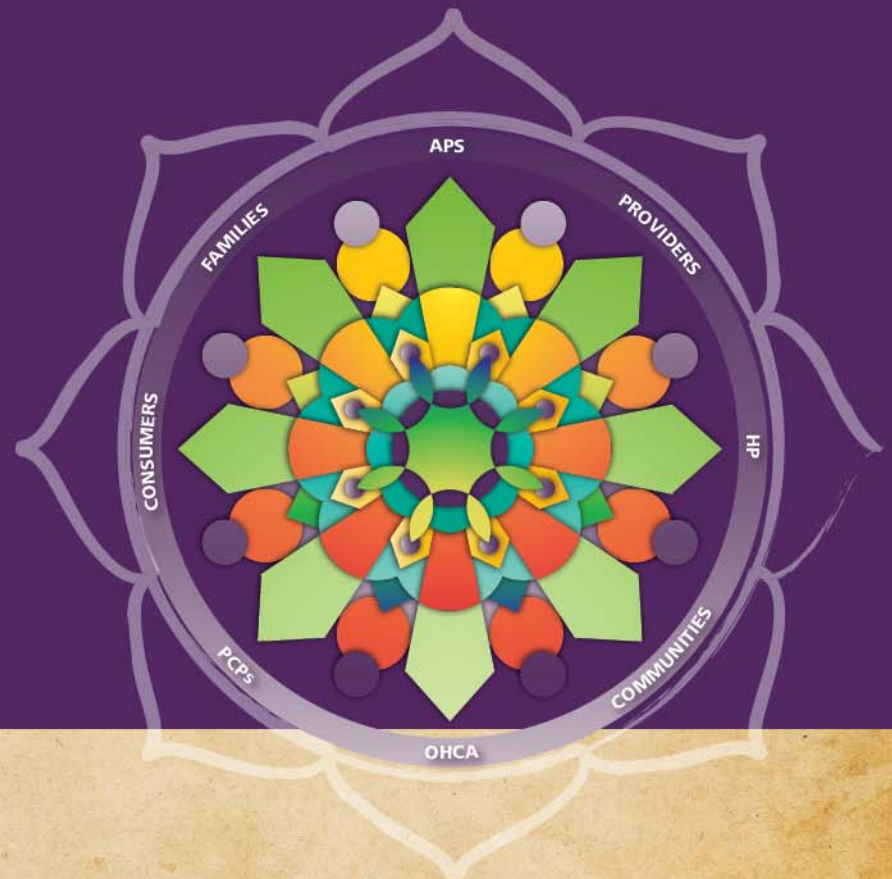


4th ANNUAL COLLABORATIVE BEHAVIORAL HEALTH PROVIDER TRAINING

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Psychotropic Medications: Current Trends and Uses

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Medication Selection

1. Diagnosis Based
2. Symptom Based
3. Age Based
4. Health Based
5. Insurance Based
6. History Based
7. Physician Experience
8. FDA Anti-depressant warning





Issues Driving Increased Use of Medications

1. Everybody wants a pill
2. Zero Tolerance schools
3. Short inpatient stays
4. Lack of outpatient services
5. Foster care
6. Egg timers
7. Insurance
8. Disability claims
9. Chemical imbalance



Anti- depressants



- History
- Uses: depression, anxiety, panic disorders, OCD, sexual compulsions, autism, smoking cessation, insomnia
- Selection process

Anti- depressants



1. MAOI Inhibitors

- Cautions

2. Tricyclics

- Amitriptyline
- Imipramine
- Desipramine
- Side effects: dry mouth, blurred vision, weight gain, sedation, cardiac, dangerous overdose

Anti- depressants



3. SSRI

- fluoxetine (Prozac)
- paroxetine (Paxil)
- sertraline (Zoloft)
- fluvoxamine (Luvox)
- citalopram (Celexa)
- escitalopram (Lexapro)
- trazadone (Desyrel)
- Side effects: sedation, agitation, increased or decreased appetite, GI upset, sexual side effects



Dual Action Anti- Depressants

Action: Serotonin, Norepinephrine

1. venlafaxine (Effexor)
2. mirtazapine (Remeron)
3. desvenlafaxine (Pristiq)
4. duloxetine (Cymbalta)

Other Uses: GAD, fibromyalgia, chronic pain





Dual Action Anti- Depressants- Novel

Action: Dopamine and Norepinephrine

1. bupropion (Wellbutrin and Zyban)

- Uses: depression, smoking cessation
 1. Increased side effects of SSRI
 2. Bipolar disorder, ADHD
- Side effects: weight loss
- Contraindicated in seizure disorders and eating disorders



Mood Stabilizers

Uses: Bipolar disorder, aggression, resistant depression, schizoaffective disorder, mania

1. Lithium: gold standard

- Side effects: acne, weight gain, birth defects, thyroid and kidney issues
- Very narrow therapeutic window
- Dangerous in overdose
- Needs regular blood work



Mood Stabilizers

2. Valprate (Depakote)

- Equivalent to Lithium response
- Side effects: liver enzymes, bone marrow, weight gain, birth defects, sedation
- needs regular blood work





Mood Stabilizers

3. carbamazepine (Tegretol)

- Not as robust response in literature, but good
- Needs regular blood work
- Side effects: sedation, dizziness, GI upset, bone marrow, depression, liver enzymes





Mood Stabilizers

4. oxcarbazepine:

- a cousin of Tegretol
- Response in studies- conflicting information
- No blood work
- Side effects: sedation





Mood Stabilizers

5. lamotrigine (Lamictal)

- very effective
- very slow titration
- Advantages: low weight gain, little sedation
- Rash can be life threatening



Mood Stabilizers

6. gabapentin

-Equivalent to placebo

7. topiramate

-Equivalent to placebo





Bonus

1. Multiple medications

- Bipolar disorder
- Treatment issues

2. Maintenance medications

- Bipolar disorder





Bonus

3. Placebo responses

- Current data

4. ECT

- the second most controversial medical procedure in America



Antipsychotics



Uses: Psychotic disorders, Bipolar disorder, Impulse disorders, Conduct disorder, Autism, PTSD, ODD, Severe OCD, Severe Depression

1. Typical: Older medications:

A. Haldol

B. Navane

C. Thorazine

D. Stelazine

- Side effects: sedation, drooling, EPS (stiffness), constipation, weight gain



Atypical Antipsychotics



Chosen based on side effect profile

1. risperidone (Risperidal)

-Generic now

-Available in long acting injection

-Side effects: Weight gain, sedation,
increased prolactin



Atypical Antipsychotics



3. olanzapine (Zyprexa)

- Very expensive
- Sedating
- Increased appetite
- Side effects: weight gain



Atypical Antipsychotics



3. aripiprazole (Abilify)

- Low sedation
- little prolactin effects

4. ziprasidone (Geodon)

- sedating
- EKG changes
- Minimal weight gain

Atypical Antipsychotics



5. quetiapine (Seroquel)

- Very sedating
- Low EPS risk
- Good for mania or insomnia



Atypical Antipsychotics



6. asenapine (Saphris)
-sublingual tablets

7. lurasidone (Latuda)



Atypical Antipsychotics



8. clozapine (Clozaril)

- Introduced in 1990

- Gold standard

- used as last resort

- “Black Box” warnings

- Agranulocytosis, seizures, cardiac risk

- Usually must have failed two other antipsychotics

- Advantages: highly effective, low EPS, low risk of tardive dyskensia

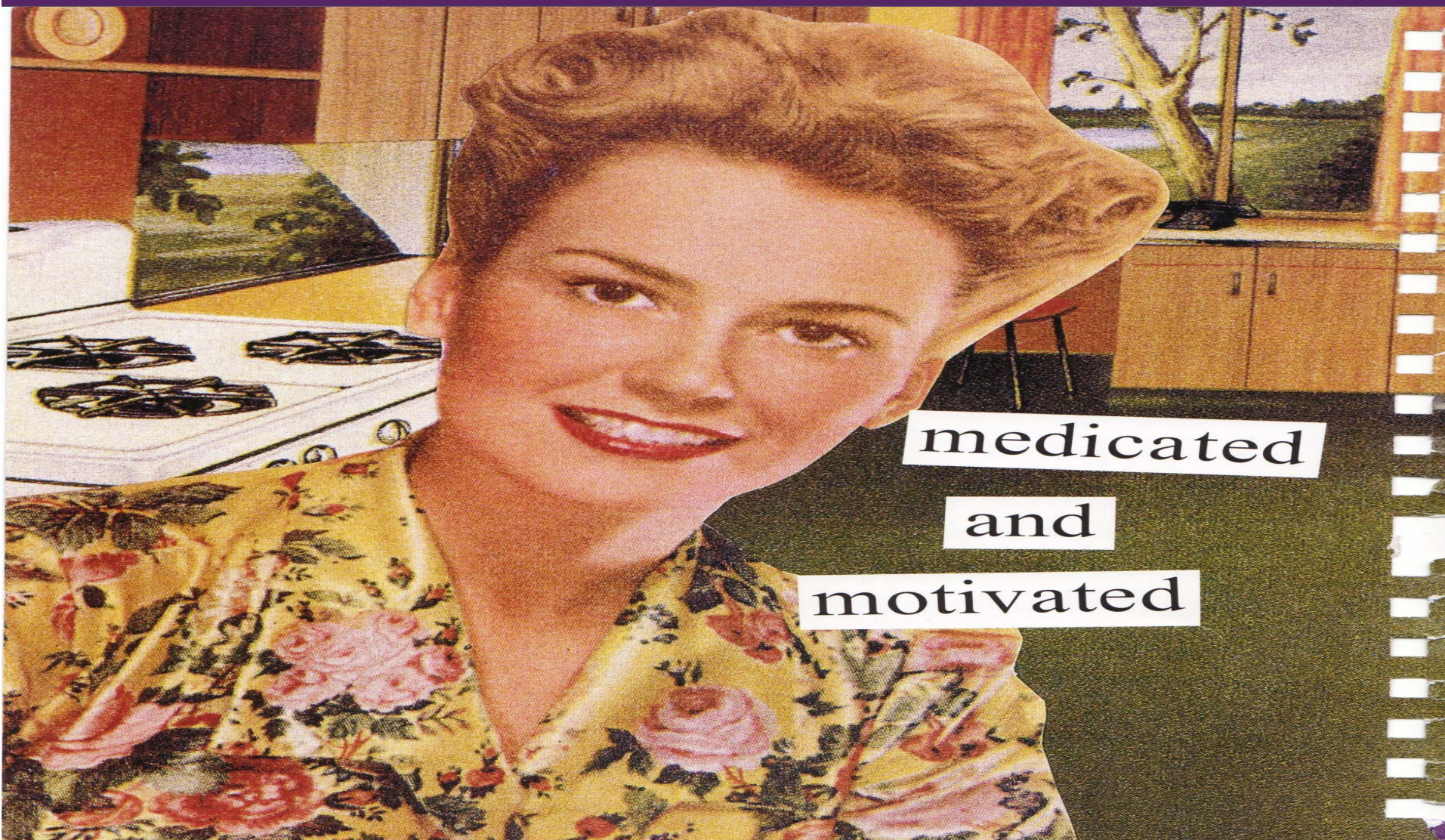


Antipsychotic Class Effects



1. Metabolic effects
2. Tardive dyskinesia
3. Extra-pyramidal side effects





medicated

and

motivated



APS Healthcare





Benzodiazepines

Uses: Detox, Anxiety, Panic disorders,
Insomnia, Bipolar disorder

Class effects: Habit forming, disinhibiting,
seizure risk with sudden stoppage





Benzodiazepines

1. alprazolam (Xanax)
 - Highly habit forming
 - Binds tightly to receptors
 - Highest seizure risk if stopped after continuous use
 - Highly abused





Benzodiazepines

2. lorazepam (ativan)

3. diazepam (Valium)

4. clonazepam (Klonopin)

5. flurazepam (Dalmane)

-For sleep





Benzodiazepines

6. temazepam (Restoril)

-For sleep

7. zolpidem (Ambien)

-Side effects: amnesia, hallucinations, other?

8. eszopidone (Lunesta)

-Non-benzodiazepine



ADHD Medications



Treatment: In general stimulants

Class effects: Anxiety, sedation, tics, anorexia, agitation, growth effects

- Increased norepinephrine levels and dopamine in the brain



ADHD Medications



1. methylphenidate (Ritalin, Ritalin SR)
2. Mix of amphetamine salts (Adderall, Adderall SR)
3. Methylphenidate (Concerta)
 - advantages
4. d-methylphenidate (Focalin)
5. Methylphenidate patch (Daytran)
6. lisdexamphetamine (Vyvanse)
 - is a prodrug
 - can not be injected



Non- Stimulant ADHD Medications

1. atomoxetine (Strattera)

- Effects norepinephrine only
- Use with tic disorders

2. clonidine (Catapres)

- Hypertension medication
- alpha ₂ agonist
- Uses: suppress tics, anger, anxiety, PTSD, ADHD, opiate withdrawal, sleep
- Side effects: constipation, sedation, dry mouth, rebound hypertension





Non- Stimulant ADHD Medications

3. guanfacine (Tenex)
4. Extended guanfacine release (Intuniv)
 - Used in 6-17 years
 - Fewer side effects than regular guanfacine
 - Advantages: smaller kids



Antihistamines



1. hydroxyzine (Vistaril, Atarax)

-Uses: agitation, insomnia, anxiety, nausea, motion sickness, surgery

-Side effects: sedation, dry mouth, blurred vision, urinary problems, weight gain, dilated pupils

Antihistamines



1. cyproheptadine (Periactin)
 - Uses: nightmares, sedation, increased appetite, allergic reactions
 - Side effects: similar to Vistaril
2. diphenhydramine (Benadryl)
 - Uses: allergies, sedation, anxiety
 - Side effects: similar to Vistaril

Antihistamines



3. benzotropine (Cogentin)

-Uses: Parkinsonian, akathisia, dystonia, EPS

-Side effects: similar to Vistaril but less sedating



Alzheimer's Disease Medications



1. donepezil (Aricept)

- Increases acetylcholine
- Experimental use with ADHD

2. memantine (Namenda)

- Affects the glutamine, dopamine and serotonin receptors
- Being tested in ADHD, Autism, Tourette's syndrome, OCD, psychotic disorders



Alzheimer's Disease Medications



3. Rivastigmine (Exelon)

- Oral medication and a patch
- Used in dementia associated with Parkinson's disease



Other Medications of Interest



1. Suboxone
2. Chantrix
3. Campral
4. Amantadine
5. Glucophage

