

WHAT EDUCATORS NEED (AND WANT) TO KNOW ABOUT MEDICATIONS

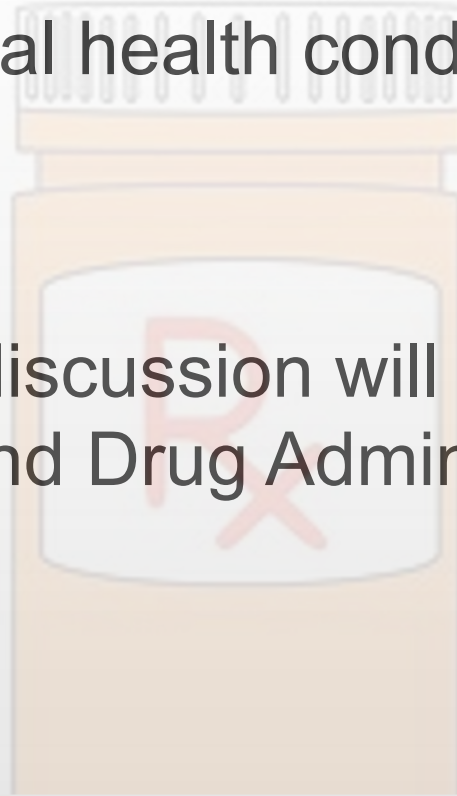
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OBJECTIVES

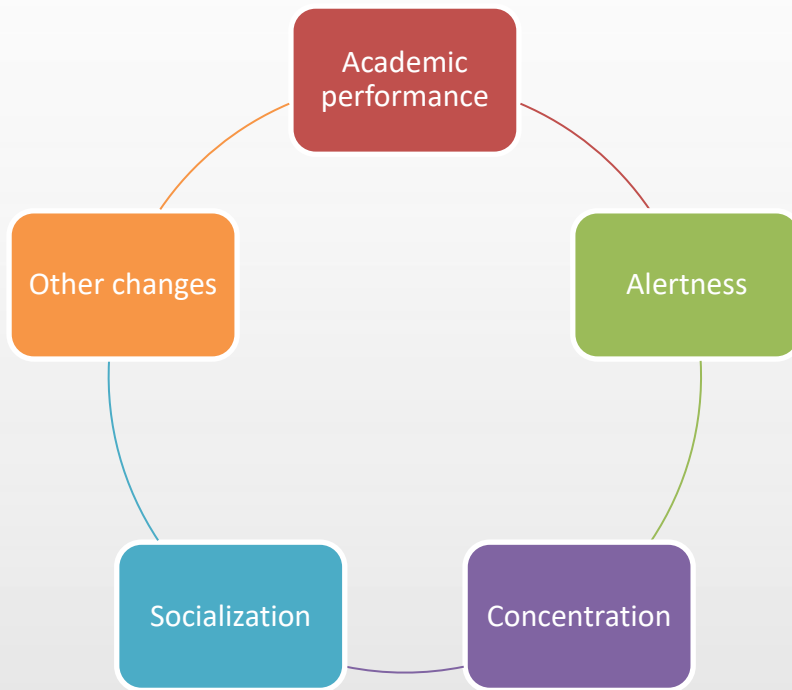
- To list conditions and symptoms that are treated with medications
- To describe expected therapeutic and adverse effects with psychotropic medications
- To identify monitoring information educators can provide for parents and prescribers

DISCLOSURE

- The focus of today's session is on medications used for mental health conditions
- Some of the discussion will include off-label or non – Food and Drug Administration approved indications

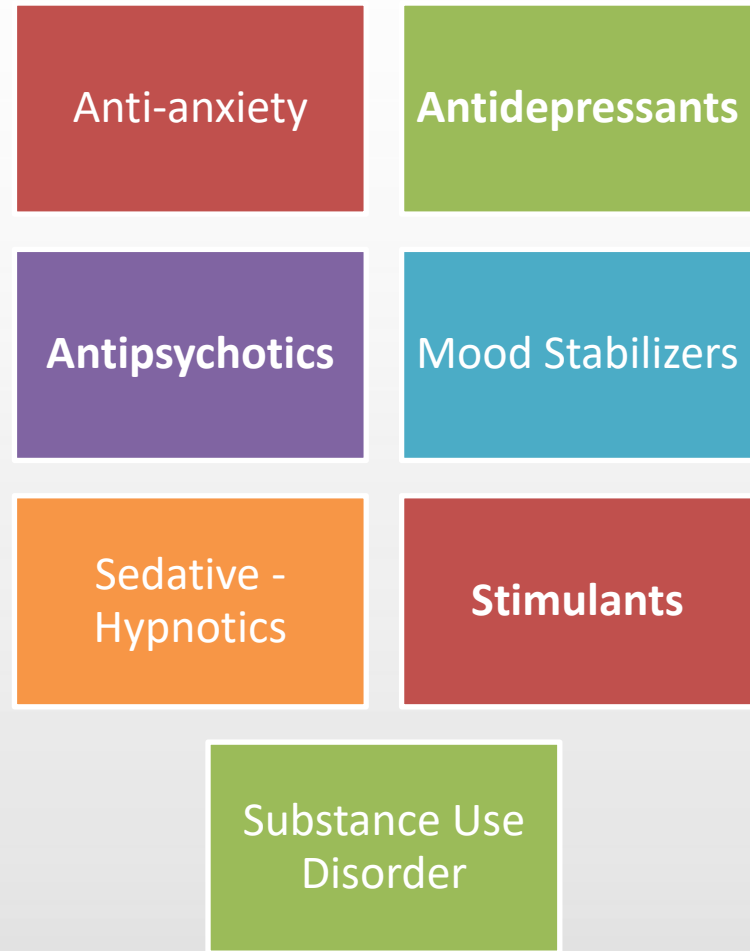


MEDICATIONS AND EDUCATORS

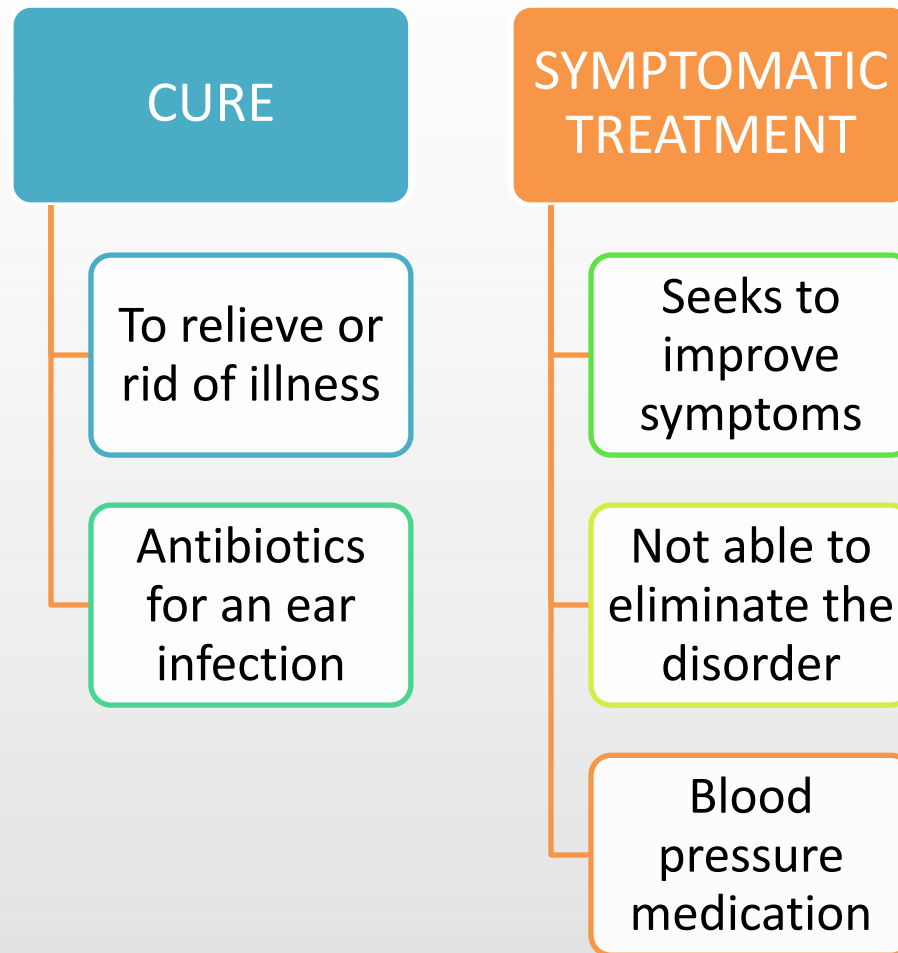


PSYCHOTROPIC MEDICATIONS

- Medication used mainly in treatment of mental illness
- Medication impacts
 - Behavior
 - Mood
 - Perception
 - Thoughts



EXPECTATIONS FOR TREATMENT

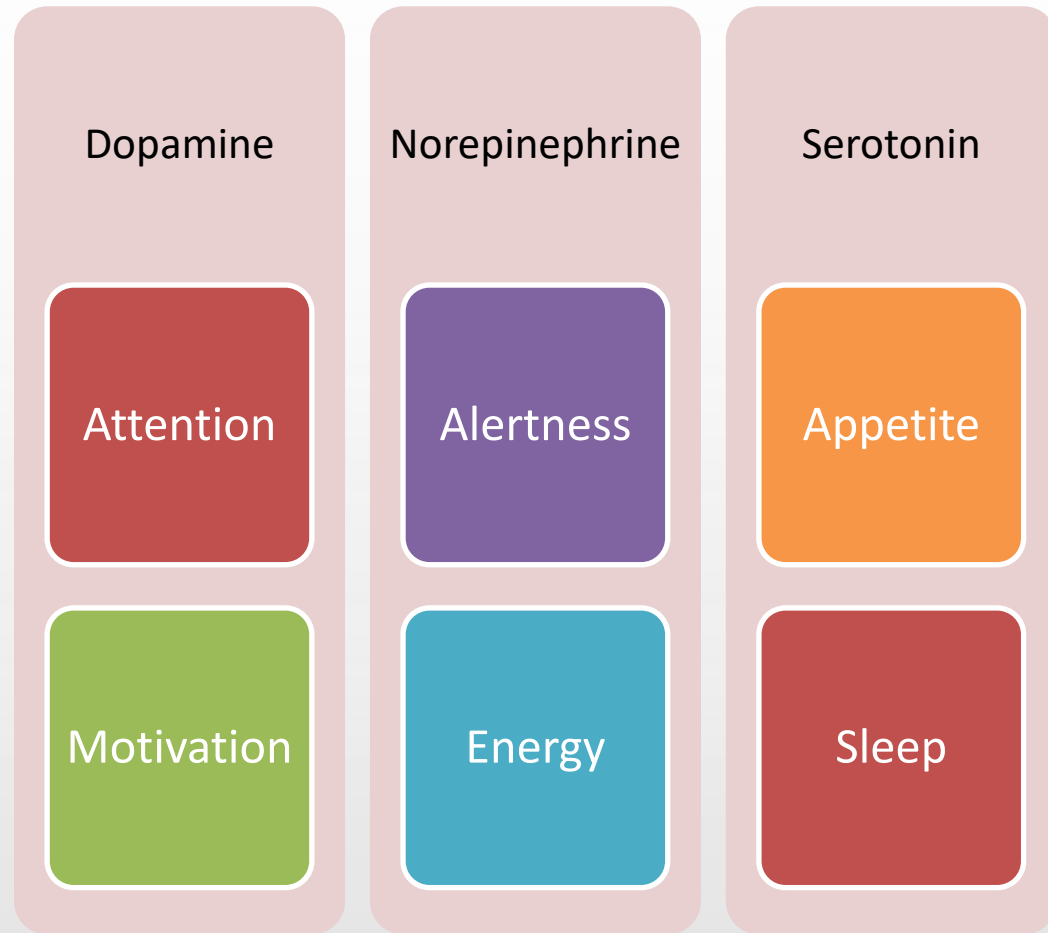




ANTIDEPRESSANTS

ANTIDEPRESSANTS

- Used in treatment of
 - Anxiety
 - Behaviors associated with autism spectrum disorder
 - Depression
 - Obsessive Compulsive Disorder



EXAMPLES OF ANTIDEPRESSANTS

Selective Serotonin Reuptake Inhibitors (SSRI)		Serotonin Norepinephrine Reuptake Inhibitors (SNRI)	
Lexapro	Escitalopram	Cymbalta	Duloxetine
Prozac	Fluoxetine	Effexor	Venlafaxine
Zoloft	Sertraline	Pristiq	Desvenlafaxine

- Not every person responds to each medication
 - May need to trial a couple to find a fit for each patients

ANTIDEPRESSANT EFFECTS

- Therapeutic Effects
 - Appetite
 - Concentration
 - Mood
 - Movements
 - Sleep
 - Thoughts
- Adverse Effects
 - Anxiety increase initially
 - Diarrhea
 - Headache
 - Nausea
 - Sleep changes
 - Tremor
 - Vomiting
 - **Suicidal thinking**

ANTIDEPRESSANT TREATMENT DURATION

- Treatment may last six to twelve months after symptoms resolve
 - Often taper antidepressants to stop to prevent discontinuation syndrome



WHAT TO WATCH FOR

Early in treatment

- Adverse effects
 - Does the child appear more anxious?
 - Has there been a separation from their classmates?
 - Is the child having difficulty eating or needing to use the bathroom?
 - Can the child pay attention in class or do they appear drowsy?

WHAT TO WATCH FOR

Later in treatment

- Therapeutic effects
 - Have there been changes in the patient's symptoms?
- Adverse effects
 - Are there any adverse effects the child still appears to experience?
 - What do you notice that has changed?



ANTIPSYCHOTICS

USES FOR ANTIPSYCHOTIC MEDICATIONS

- Prescribed for the treatment of
 - Aggression
 - Anxiety disorders
 - Autism spectrum disorder
 - Bipolar disorder
 - Depression
 - Eating disorders
 - Hyperactivity/Impulsivity
 - Psychotic disorders
 - Self-injurious behavior
 - Sleep disorders



Identify the reason

EXAMPLES OF ANTIPSYCHOTICS

First Generation Antipsychotics		Second Generation Antipsychotics	
Haldol	Haloperidol	Abilify	Aripiprazole
Prolixin	Fluphenazine	Risperdal	Risperidone
Thorazine	Chlorpromazine	Zyprexa	Olanzapine

- Not every person responds to each medication
 - May need to trial a couple to find a fit for each patients

ANTIPSYCHOTIC THERAPEUTIC EFFECTS

- Improvement in:
 - Agitation
 - Anxiety
 - Attention
 - Communication
 - Concentration
 - Mood
 - Sleep
 - Thoughts
- Watch for changes or improvement in symptoms the medication was prescribed for



ANTIPSYCHOTIC ADVERSE EFFECTS

- Blurred vision
- Constipation
- Dizziness
- Dry mouth
- Heart rhythm changes
- Sedation
- Movement disorders
 - Movements in face, trunk or extremities
 - Restlessness
 - Stiffness
- Metabolic disorders
 - Weight gain
 - Elevations in sugar
 - Elevations in cholesterol

HOW DO I WATCH FOR ADVERSE EFFECTS?



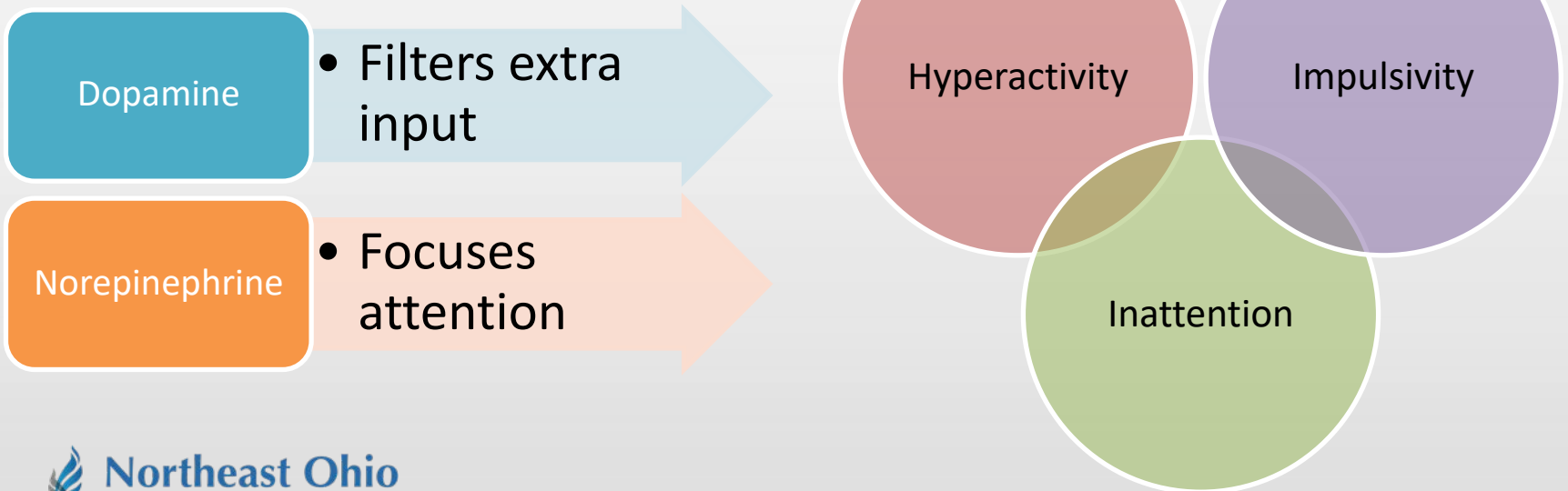
- What do you see that is new?
 - Are there any new movements?
 - May include the inability to sit still
 - Is the child tired?
 - Does the child seem to have new difficulty with their academics?
 - Perhaps they can not see the screen or board well
 - Do they get dizzy when they stand up?
 - Is lunch or snack a new priority?



STIMULANTS

STIMULANTS

- Attention Deficit Hyperactivity Disorder (ADHD)
 - Main use for stimulants



EXAMPLES OF STIMULANTS

Methylphenidate		Mixed Amphetamine Salts	
Concerta	Extended-release tablet	Adderall	Tablet
Daytrana	Patch	Adderall XR	Extended-release capsule
Ritalin	Tablet	Mydayis	Extended-release capsule

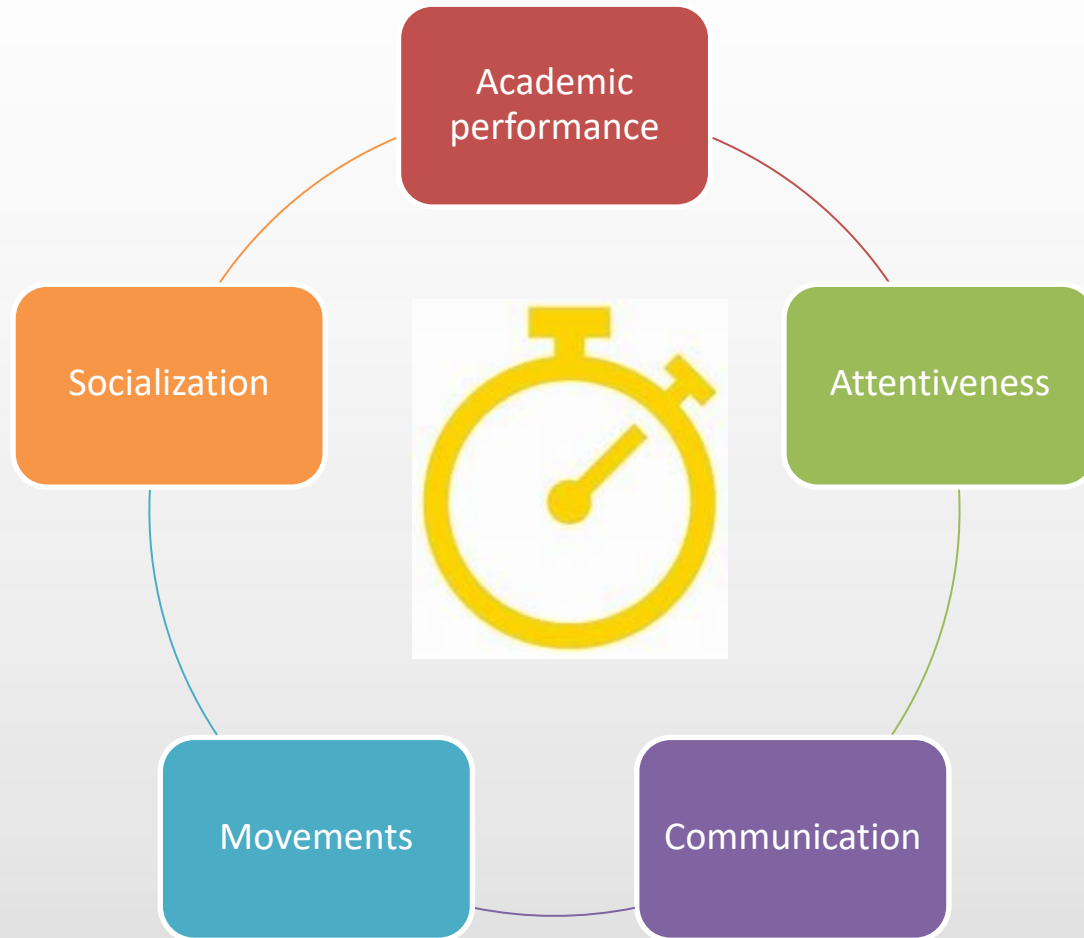
- Not every person responds to each medication
 - May need to trial a couple to find a fit for each patients

STIMULANT EFFECTS

- Therapeutic Effects
 - Improved attention
 - Ability to focus on task
 - Manageable impulsivity
 - Diminished hyperactivity
- Adverse Effects
 - Anxiety
 - Cardiovascular changes
 - Blood pressure and heart rate increases
 - Constipation
 - Decreased appetite
 - Dry mouth
 - Growth changes
 - Headache
 - Insomnia
 - Nausea or Vomiting
 - Tics



WHAT CAN YOU MONITOR FOR?



TAKE HOME POINTS

- It takes a full team to care for patients
- Medications can be a piece of the puzzle
 - Feedback on how things are working or what you are seeing can be incredibly helpful
- Open lines of communication are necessary
 - What you should expect and what you are seeing

Thank
you!