

Navigating Psychotropic Medications

Understanding Effects and Monitoring
Risks in the IDD Population

Chris Freedom | Nick Jackson, PharmD



Understanding IDD and Mental Health in HCBS

Importance of Addressing Mental
Health Needs in HCBS population

Challenges and Opportunities in
Treatment

Need for Advocacy



What are psychotropic medications?

Psychotropic medications are medications that affect the mind, emotions, and behavior.

Commonly prescribed classes of psychotropics include:

01

**Anti-
Depressants**

02

**Anti-
Anxiety**

03

**Mood
Stabilizers**

04

**Anti-
Psychotics**

Why is
collaboration so
important when
creating
individualized
treatment
plans?

Complex indications

Indications for medication use in IDD population are complex

Behavioral symptoms

Behavioral and psychological symptoms of IDD

Drug risk discussion

Psychotropic medication risk and benefit discussion

Nobody should feel alone in the process

Lean on your team(s) for support in decision-making & navigation.

"We must include people with IDD in the conversation about their psychotropic medication use"

Dr. Scott Heller

Let's take a deeper dive.



Into commonly prescribed classes of psychotropic medications.



Anti-Depressants

Increase the levels of serotonin, norepinephrine and/or dopamine present in the patient's brain.

Potential Side Effects

- Drowsiness
- Dizziness
- Weight Gain
- Dry Mouth
- Nausea

Commonly Prescribed:

SSRIs

- 1) Prozac (Fluoxetine)
- 2) Paxil (Paroxetine)
- 3) Zoloft (Sertraline)
- 4) Lexapro (Escitalopram)

SNRIs

- 1) Effexor (Venlafaxine)
- 2) Cymbalta (duloxetine)
- 3) Pristiq (desvenlafaxine)

Tricyclic

- 1) Elavil (amitriptyline)
- 2) Pamelor (Nortriptyline)
- 3) Sinequan (Doxepin)

Anti-Anxiety

Typically, these are sedatives that promote relaxation and decrease brain activity.

Potential Side Effects

- Drowsiness
- Dizziness
- Decreased Coordination
- Risk of Dependency

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- 1) Prozac (Fluoxetine)
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Benzodiazepines

- 1) Ativan (Lorazepam)
- 2) Klonopin (Clonazepam)
- 3) Xanax (Alprazolam)

Mood Stabilizers

These are commonly used to treat depression, mania, hypomania and bipolar disorders.

Potential Side Effects

- Nausea
- Drowsiness
- Rash
- Diarrhea
- Dizziness

Commonly Prescribed:

Anticonvulsants

- 1) Depakote (Divalproex)
- 2) Tegretol (Carbamazapine)
- 3) Lamictal (Lamotrigine)

Lithobid (Lithium)

-- side effects for Lithium may include: tremors, weight gain, excessive thirst & urination.

NOTE:

Lab monitoring is required to check liver function (Divalproex) and lithium and calcium levels.

- Toxicity

Anti-Psychotics

First Generation: Typical

Commonly Prescribed:

- 1) Haldol (Haloperidol)
- 2) Thorazine (Chlorpromazine)
- 3) Mellaril (Thioridazine)

These medications act as dopamine antagonists.

Potential Side Effects

- Anticholinergic
- Arrhythmias
- Lower Seizure Threshold
- Extrapyrarnidal Symptoms (EPS)

Anti-Psychotics

Second Generation: Atypical

These medications act as serotonin-dopamine antagonists.

Potential Side Effects

- Weight Gain
- Metabolic Syndrome
- Some EPS
- Arrhythmias

Commonly Prescribed:

Oral Medications

- 1) Abilify (Aripiprazole)
- 2) Clozaril (Clozapine)
- 3) Seroquel (Quetiapine)
- 4) Zyprexa (Olanzapine)
- 5) Invega (Paliperidone)
- 6) Geodon (Ziprasidone)

Long-Acting Injectables

- 1) Risperdal
- 2) Abilify
- 3) Invega

Patient Monitoring

- Role of Caregiver in Monitoring for Medication Side Effects
- Common Tests
 - Abnormal Involuntary Movement Scale (AIMS)
 - Dyskinesia Identification System Condensed User Scale (DISCUS)
- Treatment Options



Managing Medication Outcomes in Home & Community Based Services

- Addressing Challenges in Medication Administration
- Strategies for Promoting Adherence in HCBS Settings
 - Individualized Packaging for Clients
 - Long-Acting Injectables
- The Risks of Retail Pharmacies for IDD Community



Conclusion

- Be proactive in your education
- You are not alone – Lean on your team
- You may be their most important advocate today
- Always speak up and document what you observe



WORKING TOGETHER WE CAN MAKE A DIFFERENCE IN MEDICATION OUTCOMES FOR PEOPLE WE SUPPORT.

