

PSYCHOTROPIC MEDICATION MONITORING: INFORMATION BRIEF FOR PROFESSIONALS

Communicating with children, youth, and their caregivers



PSYCHOTROPIC MEDICATION MONITORING (PMM): INFORMATION BRIEF

Overview

The term *psychotropic medication* describes a large group of substances which are capable of affecting the human mind. Psychotropic medications work by altering the natural levels or balances of certain chemicals in the human body. These changes in brain and body chemistry can modify human perception and behaviour. Psychotropic medications are most commonly prescribed in association with mental health related issues including: anxiety, depression and other mood disorders, ADHD, schizophrenia and mania. Common categories of psychotropic medication include: antipsychotics, antidepressants, stimulants, anti-anxiety medications, mood stabilizers, and sedatives. Some psychotropic medications also have applications in the treatment of other health issues.

Psychotropic Medication Safety

Like all medications, psychotropic medications have side effects, some of which are minor and abate over time, and some of which can be quite serious. Because each individual may react slightly differently to a particular medication, it is important to keep track of treatment progress. Regular monitoring of any side effects experienced can assist care-providers to optimize and ensure the safety of medication-based treatment.

Psychotropic Medications & Client- and Family- Centred Care

It is important to communicate with the child/youth and caregivers when prescribing psychotropic medications.

- What are the most important side effects that the child/youth/caregiver need to know about?
- What multi-drug interactions does the child/youth/caregiver need to be aware of?
- How will the child/youth/caregiver track medication side effects? How can they communicate this information with the prescriber?
- How will the child/youth/caregiver track medication efficacy? How can they communicate this information with the prescriber?
- When will the child/youth/caregiver follow up with the prescriber?
- What are alternatives to medication that the child/youth/caregiver need to be aware of?

For more Information

Prescribers

Canadian Academy of Child & Adolescent Psychiatry (CACAP): Policies & Guidelines	http://www.cacap-acpea.org/en/cacap/Policies_Guidelines_p810.html
Canadian Alliance for Monitoring Effectiveness and Safety of Antipsychotics in Children (CAMESA)	http://comesaguideline.org/
American Academy of Child & Adolescent Psychiatry (AACAP): Clinical Practice Center	http://www.aacap.org/AACAP/Clinical_Practice_Center/Home.aspx?hkey=a7c9e3c5-9dc6-4ce0-8108-c1e92f6b83bf
Medscape: Drug Interaction Checker	http://reference.medscape.com/drug-interactionchecker
Suicide Risk Management from Epocrates	https://online.epocrates.com/u/29111016/Suicide+risk+management
Your Ontario Community Pharmacist: College of Pharmacists Member/Pharmacy Search	https://members.ocpinfoc.com/search/

For Families, Caregivers, and Youth

Ontario Centre of Excellence for Child and Youth Mental Health: Psychotropic Medication Materials	http://www.excellenceforchildandyouth.ca/resource-hub/psychotropic-materials
Facts for Youth about mixing Medicine, Booze and Street Drugs: DrugCocktails.ca	http://drugcocktails.ca/
Teenmentalhealth.org	http://teenmentalhealth.org/
Your Ontario Community Pharmacist: College of Pharmacists Member/Pharmacy Search	https://members.ocpinfoc.com/search/
Center on the Developing Child at Harvard University: Resource Library.	http://developingchild.harvard.edu/resources/

Thank you to the medical staff at CPRI for their subject matter expertise.

This brief is not intended to be medical advice. Medical concerns and questions should be directed to the appropriate health care professionals.