

PSYCHOTROPIC MEDICATION ORGANIZER

FOR FAMILIES & CAREGIVERS

A tool to help with your
child's prescription



PSYCHOTROPIC MEDICATION MONITORING (PMM) ORGANIZER: FOR FAMILIES & CAREGIVERS

What does ‘psychotropic medication’ mean?

The term *psychotropic medication* describes a large group of substances that can affect the human mind. Psychotropic medications work by changing the natural levels or balances of certain chemicals in the human body. These changes in brain and body chemistry can change the way we think and act. Psychotropic medications are usually prescribed for 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 are also used to treat other health issues.

Why keep track of side effects?

Like all medications, psychotropic medications have side effects. Some side effects are minor and decrease over time, and some can be quite serious. Because each person can react differently to a certain medication, it is important to keep track of treatment progress. You can do this by regularly checking for any side effects you experience. This will help care-providers decide whether this medication is safe and doing what it is supposed to do.

Why use this organizer?

This organizer will help you to keep track of this information, and to communicate it to others involved in your child’s plan of care.

How can I use this organizer?

On the following pages, you will find a worksheet that can help you organize and keep track of important information related to your child’s psychotropic medication prescription.

It can be helpful to update the organizer or print a new organizer with every medication change.

Who do I give this to?

Take the organizer with you when you meet with prescribers to help you communicate about your child’s psychotropic medications.

This organizer is intended to be a personal tool and should be used if the family or caregiver perceives utility. It is not intended to be medical advice. Medical concerns and questions should be directed to the appropriate health care professionals.

Date:

Information About My Child

Name:

Birthdate:

Contact name:

Contact number:

My child's doctor:

Doctor's phone number:

Allergies:

Medication(s) & Purpose

	Medication	What it's supposed to do	Questions or Concerns	Notes
EXAMPLE ONLY	Lorazepam	Help with anxiety	Will it make my child drowsy?	Prescribed from emergency room
	Form: Pills			
	Directions: As needed			
	Strength: 1 mg			
Med #	Name:			
	Form:			
	Directions:			
	Strength:			

Ask your pharmacist for a printed profile to verify this information each time a medication is prescribed or changed

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	Medication	What it's supposed to do	Questions or Concerns	Notes
Med #	Name:			
	Form:			
	Directions:			
	Strength:			
Med #	Name:			
	Form:			
	Directions:			
	Strength:			
Med #	Name:			
	Form:			
	Directions:			
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Who needs to know what?

	Person	What they need to know	What I need them to do
EXAMPLE ONLY	Babysitter	The med can cause nausea	Give smaller meals, track if there was nausea

Working With My Child On...

Activity (click each heading to learn more)	My Role	My Child's Role	Notes
A) ...understanding prescribed medications			
B) ...monitoring medication efficacy			
C) ...monitoring medication side effects			

Notes

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A) Understanding prescribed medications

If your child was prescribed a psychotropic medication, it is important to understand what it is, what it supposed to do, and any possible side effects. Use reliable sources to get more information about specific medications (e.g., the person who prescribed it; pharmacist, product monograph). Do not be afraid to ask questions about a prescribed medication.

As a caregiver, it is also important to talk about medications with your child so they can learn about what they are taking. Using the table provided can help you think about what your role is, and what your child's role is, when it comes to understanding prescribed medications.

B) Monitoring medication efficacy (“Is the medication doing what it’s supposed to?”)

It is important to know what a medication was prescribed for, and what “efficacy” means. Communication with the prescriber will help you understand the improvements you should be seeing, and on what timeline. Be sure to communicate with your child about how he/she is feeling about the benefits of the medication.

You can use the table to help you discuss the efficacy of medication with your child. How will you communicate with your child about how they are feeling and if they feel better? How often will you check in? How can they communicate with their caregivers?

C) Monitoring medication side effects

Make side effect monitoring part of your daily routine. For example, at the end of each day read the list of potential side effects and think about if you noticed any that day with your child. You can also talk to your child about how he/she is feeling, and get other family members involved in monitoring as well. There are lots of ways to monitor side effects, including a tally on a piece of paper, apps, or journaling. If you wish to use the PMMC (a set of checklists created by staff at CPRI) they are available on the [CPRI Website](#), under **Professionals > Education & Resources > Psychotropic Medication Monitoring > PMMC & User Manual (2014)**.

You can use the table in this organizer to help you discuss side effects with your child. Who will monitor for side effects? Who will be responsible for recording them? How will they be recorded? Who will bring this information to the prescriber?

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