




Understanding the
Psychotropic Medication
Process:
Risks and Rewards

A Practitioner's Conversation 



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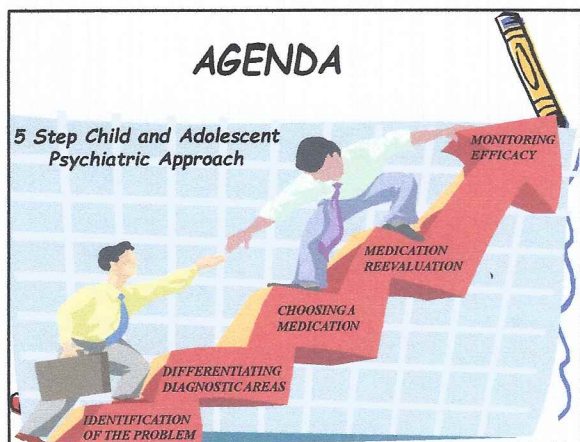
Medicating My Child...
To Do or Not to Do?

Purpose

To provide a 5 Step approach that will assist in understanding the process to identify and treat children with a number of behavioral challenges.



IDENTIFICATION OF THE PROBLEM

•Epidemiology of psychiatric diagnoses in children and adolescents

- ADHD: 5% (APA) to 11% (CDC)
- Depression: pre-pubertal: 2%; adolescents: 5%
- Mania: pre-pubertal: rare; adolescents: 1%
- Generalized Anxiety Disorder: 2-4%
- PTSD: unknown
- Schizophrenia: <age 10: 0.1-1%; <age 15: 4%

DIFFERENTIATING DIAGNOSTIC AREAS

8 Major Diagnostic Categories

• Organic	• PCP
• Substance Disorders	• Refer to Mental Health
• Developmental Disorders (LD)	• Refer to Develop Ped or Mental Health
• Psychotic Disorders	• Refer to Psychiatrist
• Behavior Disorders	• PCP or Psychiatrist
• Mood Disorders	• PCP or Psychiatrist
• Anxiety Disorders	• PCP or Psychiatrist
• Other	

OVERLAPPING SYMPTOMS

PSYCHOMOTOR AGITATION

DISTRACTABILITY

SLEEP DISTURBANCES

IRRITABILITY



Choosing a Medication

Psychopharmacology 101

- Neuroleptics
- Mood Stabilizers
- Antidepressants
- Stimulants
- Alpha-Adrenergic Agents
- Others (Strattera,)



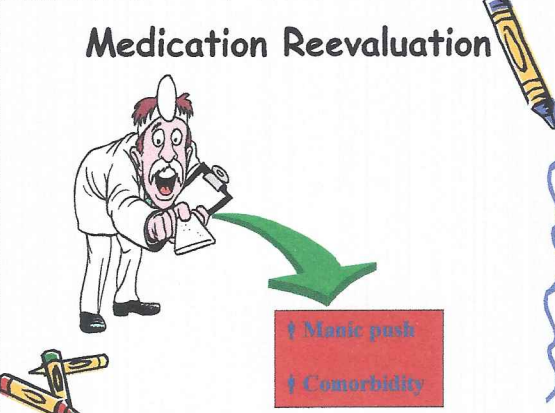
Choosing a Medication

Side Effect Profiles

- Physical appearance (wt gain, acne, hair loss)
- Diabetes
- Hyperlipidemia
- Cardiovascular
- Hypertension
- Hepatotoxicity (liver toxicity)
- Sedation
- Anti-cholinergic: e.g., dry mouth, constipation
- Psychiatric
- Others (EPS, TD, allergic rxns, aplastic anemia)

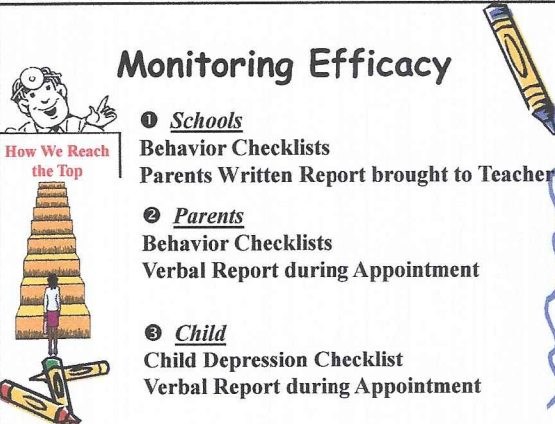


Medication Reevaluation




↑ Manic push
 ↑ Comorbidity

Monitoring Efficacy



How We Reach the Top



- ① Schools
 Behavior Checklists
 Parents Written Report brought to Teachers
- ② Parents
 Behavior Checklists
 Verbal Report during Appointment
- ③ Child
 Child Depression Checklist
 Verbal Report during Appointment

Questions



