

Know your meds



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Our Mission is to provide economical, quality pharmaceutical care to adult care facilities, hospice and home infusion patients of all ages in northeast Kansas.

Black Box Warning

- A black box warning (BBW) is the strictest warning put in the labeling of prescription drugs or drug products by the Food and Drug Administration (FDA) when there is reasonable evidence of an association of a serious hazard with the drug. It is basically a warning with a black box around it, hence the name.

Psychotropic Medications

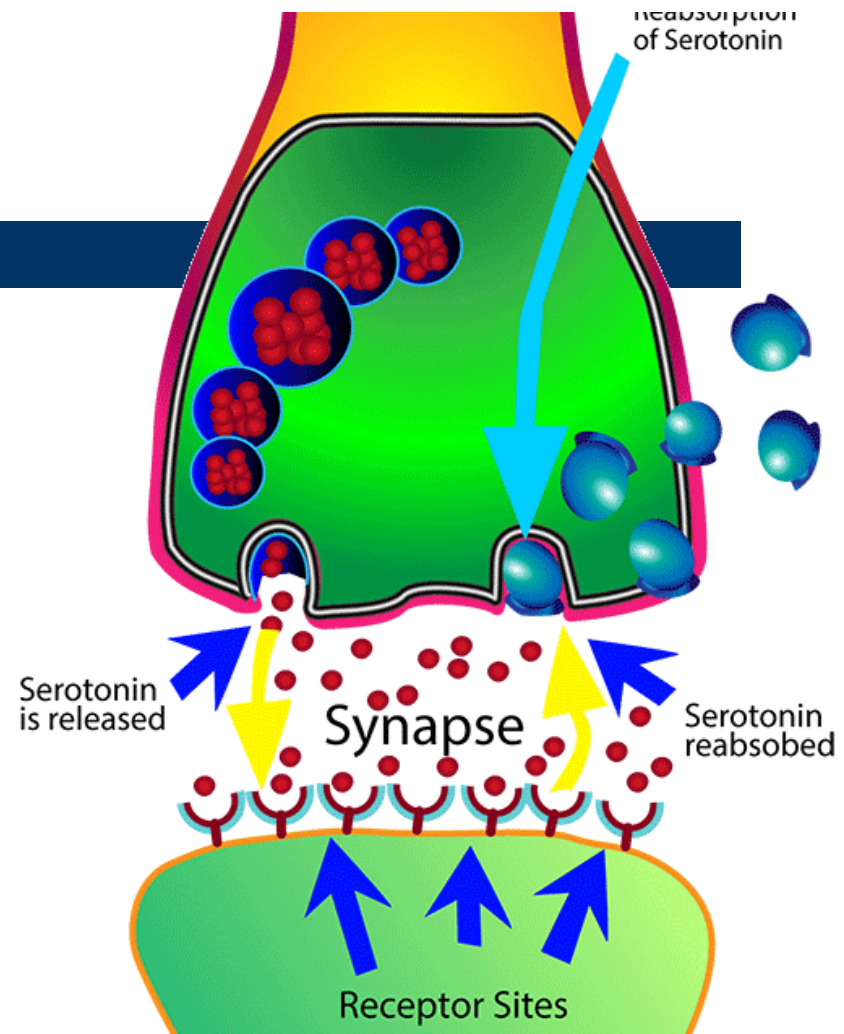
- Medications that change how the brain processes information, such as altering mood, thoughts, perceptions, emotions, behaviors.
- Categories
 - Antipsychotics
 - Antidepressants
 - Anti-Anxiety
 - Mood stabilizers
 - Stimulants

Conditions

- Depression
- Anxiety
- Schizophrenia
- Resistant Major Depressive disorder
- Dementia with related psychosis/agitation

Anti- Depressant

SSRIs ease depression by increasing levels of serotonin in the brain. Serotonin is one of the chemical messengers (neurotransmitters) that carry signals between brain cells. **SSRIs** block the reabsorption (reuptake) of serotonin in the brain, making more serotonin available.



Anti-Depressant

- BBW

- Antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with major depressive disorder (MDD) and other psychiatric disorders in short-term studies. **Short-term studies did not show an increase in the risk of suicidality with antidepressants compared with placebo in adults older than 24 years, and there was a reduction in risk with antidepressants compared with placebo in adults aged 65 and older.** This risk must be balanced with the clinical need. Monitor patients closely for clinical worsening, suicidality, or unusual changes in behavior. Families and caregivers should be advised of the need for close observation and communication with the prescriber.

Anti-Depressant

SSRI's

Brand Name

Celexa

Lexapro

Paxil, Paxil CR, Pexeva

Pristiq

Prozac

Zoloft

Generic Name

Citalopram

Escitalopram

Paroxetine

Desvenlafaxine

Fluoxetine

Sertraline

Anti-Depressant

- SSRI's
 - Common side effects
 - Transient: Loss of appetite, dizziness, headache
 - Not transient: constipation/diarrhea, gas, insomnia, impotence/decreased libido
 - Other possible side effects
 - Agitation, anxiety, fatigue, mania, urinary incontinence, yawning, dry mouth, serotonin syndrome

Depression

- SSRI (Selective Serotonin Reuptake Inhibitor)

<u>Medication</u>	<u>Start Dose</u>	<u>Max Dose</u>
– Celexa	20mg/day	60mg/day
– Lexapro	10mg/day	20mg/day
– Paxil	10mg/day	50mg/day
– Paxil CR	12.5mg/day	62.5mg/day
– Pexeva	20mg/day	50mg/day
– Pristiq	50mg/day	400mg/day
– Prozac	20mg/day	80mg/day
– Zoloft	50mg/day	200mg/day

Serotonin Syndrome

- Mental status changes (confusion/restlessness)
- Hyperreflexia (twitching/spastic tendencies)
- Elevated temperature
- Shivering
- Tremors
- Agitation
- Excessive sweating
- Seizures

Anti-Depressant

- **Remeron (mirtazapine)**

- Dosing: 7.5-45mg per day
- Common Side Effects
 - Transient: dizziness
 - Non Transient: constipation, drowsiness, positional low blood pressure, dry mouth, weight gain
- Other Side Effects
 - Agitation, amnesia, edema, increased blood sugar, high or low blood pressure, increased triglycerides, increased urinary frequency, mania, mouth sores, dry mouth, serotonin syndrome

Anti-Depressant

- **Desyrel (trazodone)**

- Dosing: 25-300mg per day
- Common Side Effects
 - Transient: dizziness
 - Non Transient: constipation, drowsiness, increased libido, positional low blood pressure, dry mouth
- Other Side Effects
 - Agitation, low blood pressure, mania, prolonged erection, fainting, serotonin syndrome, blurred vision

Anti-Depressant

- **Effexor, Effexor XR (venlafaxine)**
 - Dosing: 37.5-225mg per day
 - Common Side Effects
 - Transient: loss of appetite, dizziness, nausea, drowsiness, headache
 - Non Transient: constipation, impotence/decreased libido
 - Other Side Effects
 - Agitation, irritability, mania, high cholesterol, high blood pressure, prolonged erection, serotonin syndrome, dry mouth, tremors

Depression

- **Cymbalta (duloxetine)**

- Dosing: 20-120mg per day

- Common Side Effects

- Transient: dizziness, drowsiness, headache,

- Non Transient: constipation/diarrhea, hot flashes, impotence/decreased libido, dry mouth, nausea, insomnia

- Other Side Effects

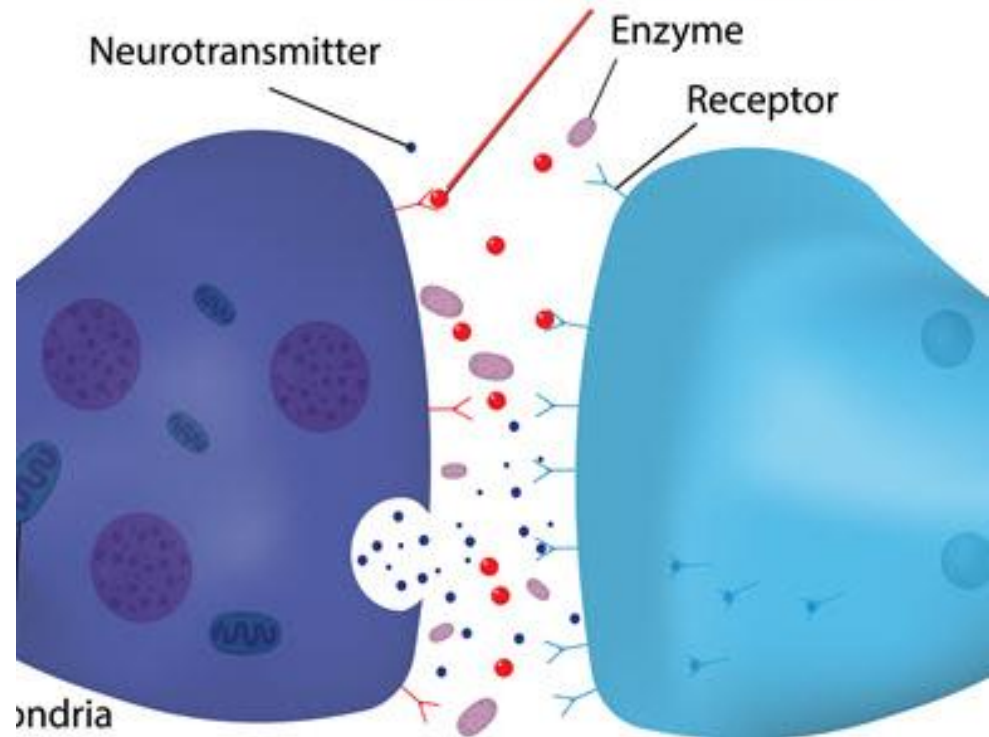
- Agitation, anxiety, irritability, mania, muscle cramps, nightmares, urinary frequency, urinary incontinence, urinary retention

Anti-Anxiety

The **benzodiazepines** enhance the action of the neurotransmitter, GABA(Gamma Amino Butyric Acid). Neurotransmitters are chemicals which enable the brain cells to transmit impulses from one to another. They are released from brain cells by electrical signals. ... The function of GABA is to slow or calm things down.

Benzodiazepines

Benzodiazepines bind to receptors to inhibit neurotransmitter release



Anti-Anxiety

BBW

- Concomitant use of **benzodiazepines** and opioids may result in profound sedation, respiratory depression, coma, and death. Reserve use where alternative treatments are inadequate. Limit the dosage and duration, and monitor signs and symptoms.

Anti-Anxiety

● <u>Medication</u>	<u>Start dose</u>	<u>Max dose</u>
● Xanax	0.25mg/day	4mg/day
● Ativan	0.5mg/day	2mg/day
● Buspar	10mg/day	60mg/day
● Lexapro	10mg/day	20mg/day
● Celexa	20mg/day	60mg/day
● Paxil	10mg/day	40mg/day

Anti-Anxiety

- **Ativan/Xanax (benzodiazepine)**
- Common Side Effects
 - Dizziness, drowsiness, physical dependence,
- Other Side Effects
 - Amnesia, confusion, depression, decreased libido, tolerance, euphoria, mania, respiratory depression
- Paradoxical effect:
 - Increased agitation, irritability, excitability, insomnia

Anti-Anxiety

- **Buspar (buspirone)**
 - Not a benzodiazepine
 - No physical dependence
 - No Black Box Warning

Anti-Anxiety

- **Buspar (buspirone)**
 - Common Side Effects
 - Dizziness, drowsiness, restlessness
 - Other Side Effects
 - Agitation, headache, nasal congestion, nightmares, serotonin syndrome, tremor, urinary retention, ringing in the ears, blurred vision

Anti-Anxiety

- **Lexapro and Celexa**

- All SSRI's could potentially be used to treat anxiety
- For dosing and side effects see earlier slide

Anti-Anxiety

- Other medications
 - Klonopin, Librium, Tranxene, Valium- not preferred due to long acting. Drug builds up in system over time and increases CNS side effects
 - Benadryl- not preferred due to anticholinergic side effects such as dry mouth, dry eyes, falls, urinary retention

Antipsychotics

- Used for Schizophrenia, Huntington's Disease, Depression and Dementia with behavior problems, Parkinson's Disease
- Risk versus benefit must include quality of life issues
- Should **not** be first line therapy for Depression or Dementia with behaviors

Antipsychotics

- **Antipsychotics** reduce or increase the effect of neurotransmitters in the **brain** to regulate levels. Neurotransmitters help transfer information throughout the **brain**. The neurotransmitters affected include dopamine, noradrenaline, and serotonin.

Antipsychotics

BBW:

- Elderly patients with dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death compared with placebo. Although the causes of death in clinical trials were varied, most of the deaths appeared to be either cardiovascular (eg: heart failure, sudden death) or infectious (eg: pneumonia) in nature. Observational studies suggest that antipsychotic drugs may increase mortality. It is unclear from these studies to what extent the mortality findings may be attributed to the antipsychotic drug as opposed to patient characteristics.

Antipsychotics

<u>Medication</u>	<u>Starting Dose</u>	<u>Max Dose</u>
Abilify	2mg/day	30mg/day
Clozaril	25mg/day	450mg/day
Fanapt	2mg/day	24mg/day
Geodon	40mg/day	160mg/day
Haldol	0.5mg/day	100mg/day
Invega	6mg/day	12mg/day
Latuda	20mg/day	120mg/day
Risperdal	0.25mg/day	4mg/day
Saphris	10mg/day	20mg/day
Seroquel	25mg/day	800mg/day
Zyprexa	2.5mg/day	20mg/day

Antipsychotics

- Common Side Effects
 - Transient-dizziness, drowsiness,
 - Non Transient-constipation, increased blood sugar, increased cholesterol, positional low blood pressure, weight gain
- Other Side Effects
 - Anxiety, blurred vision, increased thirst, increased urine, urinary incontinence, seizures, tremor, QT prolongation (increase risk of heart attack)

Nursing home regulations

- Gradual dosage reductions to ensure use of the lowest possible dose
- Duplication in therapy- increasing risk of side effects (especially falls, confusion)

Nursing home regulations

- Limitations for “as needed” orders
 - Non-antipsychotics limited to 14 days on initial order then a full evaluation of safety and effectiveness
 - Antipsychotics limited to 14 days on every order-safety and effectiveness evaluation required every 14 days
- Chemical restraints

Informed consent

Prescriber has a duty to inform you, but you have the responsibility of being informed. Your body, your life, your decision. Ask questions until you feel you have the information necessary to make the decision.

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Questions?