

Collaborative Approaches to Pharmaceutical and Psychological Treatment

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Introduction

- Individual assessment of comfort level discussing medication issues with a PCP
- Not advocating BHCs direct prescribing decisions
- In general, BHC is “another set of eyes/ears” on pt response and side effects

Presentation Goals

- References/handouts on medications
- What a BHC should know about meds
- BHC role in medication management
- Basic pharmacology terms
- Common clinical scenarios that involve collaborating with PCP on medication issues

Medication References

- Psychotherapeutic Medications 2011
- Quick Reference to Psychotropic Medication by John Preston, Psy.D.
 - Study and learn these guides, especially side effects

BHC Knowledge Base

- Know the indications for use by diagnosis, generally for moderate/severe conditions
- Know the categories of psychotropics
 - Benzodiazepines, antidepressants, mood stabilizers, MAOIs, anti-anxiety, sedative/hypnotics, antipsychotics, anti-manic, anti-obsessional, psychostimulants

BHC Knowledge, con't

- Know general therapeutic and side effect responses of these classes of drugs

BHC roles in Med Management

- Discuss/recommend initiating meds and from what classes
 - Avoid, “I think you should...” statements
 - “A common treatment is to use an SSRI..”
- Assess initial improvement or side effects, provide PCP feedback
- Track efficacy over the long term
 - Treatment and maintenance phases

Basic Pharmacology Terms

- Bioavailability
- Absorption
- Half-life
- Extended release
- Therapeutic Plasma/Blood level
- FDA indication
- Generic vs. Brand

Terms, con't

- Selective action
- Washout
- Neurotransmitters
 - Dopamine, serotonin, norepinephrine, 5HT, acetylcholine

Applied Clinical Scenarios

- Which SSRI should I start the pt on?
- Pt reports a side effect
- Assessing initial outcome at 2 or 4 weeks
- Pt reports use of herbals with an SSRI
- Medication not effective
- Medical condition drug treatment causing psychiatric symptoms
 - ex: Neurontin, Inderol, cortisone

Summary

- You CAN discuss medication issues
- Always do it in a collaborative/helpful way
- PCP retains responsibility for care
- Questions????