department of MENTAL HEALTH & SUBSTANCE ABUSE
Dipåttamenton Salut Hinasso Yan Abuson Åmot

MONITORING MEDICATION PROTOCOL

GUIDING PRINCIPLE
We are committed to a culture of recovery throughout our systems of care, in our interactions with one another, and with those persons and families who trust us with their care.

OVERVIEW
DMHSA prohibits the use of psychotropic medications as punishment, in lieu of a training program, for behavior control, in lieu of psychiatric or neuropsychiatric diagnosis, or for the convenience of staff.

STANDARDS OF CARE
- All staff involved in the consumer's treatment shall monitor the side effects and effectiveness of the medications.
  - Staff shall use reports from the consumer and/or family to monitor the effects of the medications on the consumer.

- The harmful effect of the consumer's mental illness or developmental disability shall outweigh the possible harmful side-effects of any psychotropic medications.

- Each consumer's response to medication administered is monitored according to his or her clinical needs.
  - Medications are monitored to minimize the occurrence of adverse events.

- Ongoing consumer medication monitoring will use a collaborative approach between consumer care providers, the consumer, and/or family.

- Monitoring will address the consumer's response to the prescribed medication and actual or potential medication-related problems.
  - The results of consumer medication monitoring will be used to improve the consumer's medication regimen and/or other clinical care and treatment processes.

- An up-to-date listing of all the consumer's medications shall be documented and easily accessible in the consumer's medical record.

PROTOCOL
<u>Current Medication Listing:</u>
- During intake assessments, and subsequent treatment plan updates, the Registered Nurse (RN)/Licensed Practical Nurse (LPN)/psychiatrist shall document the consumer's current medications, including any over the counter medications or supplements being taken by the consumer on the Current Medication List form.

- Anytime a medication is prescribed the form shall immediately be updated.

- Anytime a consumer discontinues a medication the form shall immediately be updated.

Monitoring:

- Throughout the consumer's treatment the psychiatrist/physician shall periodically, and no less than quarterly, review the consumer's current medication regimen to determine whether the type and dosage is indicated by the consumer's needs.

- Monitoring and assessing the effect of the medication includes, but is not limited to:
  - Direct observation of the consumer during assessments, evaluations or other consumer contact to determine the consumer's physiological response to the medication administered and any problems or adverse effects associated with the medication.

  - Review of current clinically related data about the consumer's condition and progress documented in the medical record (i.e., medical staff, nursing , and other disciplines progress notes, notations on treatment plans, consultation reports, etc.)

  - Information about the consumer's own perceptions about medication side effects, and when appropriate, perceived efficacy and/or sensitivities the consumer may have to the medication.

- Based on the consumer's treatment plan, staff shall:
  - Determine if different interventions (i.e., services, programs) can be developed to address the consumer's target behaviors/symptoms, which could reduce or eliminate the need for any psychotropic medications.

  - Determine whether all reasonable alternative treatment strategies are likely to be less effective or potentially more dangerous than the consumer's current medications.

Monitoring New Medications:

- When the consumer is given a new medication, the first several doses (amount of doses dependent upon the medication) will be monitored.

- The consumer may experience adverse reactions to medications that are new to their systems. Therefore when new medications are administered to the consumer, the care provider will observe and assess the consumer one-half hour (30 minutes) after the consumer receives the medication to assure there is no evidence of adverse effect.

  - The consumer's care provider will observe the consumer in another 30 minutes (which will be one (1) hour from initial administration time) to ensure the new medication did not produce adverse effects or sensitivities to the consumer.

- For medications or categories of medications known to commonly produce side effects or sensitivities in consumer (for example Abilif), the consumer will be physically observed for the known side effects and sensitivities for a 24-hour period.

- The consumer will receive a test dose for medications where this is both appropriate and available (i.e., some categories of antipsychotic medications) for medications given on a first time basis in an effort to identify an adverse drug reaction, allergy or sensitivity to the medication.

- Other Clinical Laboratory studies may be ordered as appropriate to monitor the consumer's response to medications that are new to his/her system to prevent unnecessary side effects or adverse reactions (i.e., peak and trough levels).

Documentation:

- The information obtained through consumer medication monitoring and assessment will be documented in the consumer's medical record.

FORMS

- Current Medication List form

REFERENCES

- Amended Permanent Injunction filed June 30, 2005
- TJC MM.07.01.01

APPROVED: W.I. Aflague

Wilfred Aflague
Director

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