

DEPRESCRIBING INFORMATION FOR PROVIDERS

WHAT IS DEPRESCRIBING?

A structured approach to evaluating medications for indications, risks, and benefits with a goal of a minimum effective dose and number of medications.

WHY DEPRESCRIBE?

- Some youth take more psychotropic medications (PM) than necessary
- Youth are generally at higher risk of medication adverse effects, little is known about long-term effects of PM on the developing brain

HOW TO DEPRESCRIBE

Step 1: Review factors related to the youth which may favor deprescribing

- Psychosocial stability and level of function
- Natural course of the condition treated
- Polypharmacy – more than four medications or more than one medication per drug class
- Consider the age of the youth (<6 years old)
- Is psychosocial therapy available and helpful?
- Assess for risks or side effects from the medications
- Assess for other health conditions (pregnancy, drug abuse, illness, etc.)
- Youth and/or family utilize the [shared decision guide](#)

Step 2: Review medication history

Use the [Medication History Tool](#) to list all current medications and information

Step 3: Assess each medication for risk and benefit

Step 4: Prioritize a medication to deprescribe

Step 5: Implement taper and monitor

- See specific drug class toolkits for guidance: [antipsychotic medications](#), [antidepressants](#), [stimulants](#), [alpha-agonists](#)
- Include deprescribing as part of an overall treatment plan which includes therapy and crisis planning. ([Psychotherapy for Children and Adolescents: Different Types re-source](#))

This project was supported by Kentucky Cabinet for Health and Family Services; Department for Medicaid Services under the State University Partnership contract titled "Improving Care Quality for Children Receiving Kentucky Medicaid", Norton Children's Hospital, UofL School of Medicine, and UofL School of Public Health and Information Sciences.



KENTUCKY SAFEMED

WHEN TO CONSIDER

- Condition improved
- Polypharmacy
- Age <6 years old
- Youth or family request
- Lack of evidence to support use
- Medication side effects or non-compliance
- Dosing outside of accepted guidelines (too high/low)
- Medication use to treat side effects of another medication
- Extended trial without attempt to taper

PSYCHOTROPIC MEDICATIONS

- Antipsychotics
- Mood stabilizers
- Antidepressants
- Antianxiety/sedative/hypnotics
- Stimulants
- Alpha-agonists

NORTON PROVIDERS:

Consult psych via Epic Secure Chat to NCMG Child Psychiatry and Psychology

For questions or more information: email: safemed@louisville.edu or visit us online:

<https://uofl.edu/KYsafemed>