HEALTHWEST

Practice Guideline

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Prepared by: Effective: February 1, 2006
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Pharmacy Work Group

Approved by: Subject: Simultaneous Use of
                                                         Multiple Psychotropic Medications

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I.   PURPOSE

        To encourage the use of monotherapy with psychotropic agents in a pharmaco-therapeutic
        regimen.

II.   APPLICATION

        HealthWest Physicians, Physician Assistants, and Nurse Practitioners.

III.   DEFINITIONS

        Psychotropic Medications: Medications listed in the Physician's Desk Reference (PDR) that
        effect the functioning of brain chemistry.

        Simultaneous Use of Multiple Medications: Two (2) or more medications from the same class
        being prescribed at the same time. (Exception: Use of a depot anti-psychotic agent plus a
        different oral agent as a PRN [as needed] may in some cases be justified.)

IV.   PROTOCOL

        A.   Continuous Review of Medications by Prescribers

                1.   Current medications will be reviewed by the prescriber for individuals seen in
                        outpatient clinics.

                2.   The prescriber will implement a specific plan to eliminate excess psychotropic
                        agents in cases of prescription of multiple psychotropic medications.

        B.   Documentation

                1.   The prescriber will document in each case where simultaneous use of multiple
                        psychotropic medications are in use.

                        a.   Documentation will be in the Treatment Plan Section of the Psychiatric
                                Evaluation or Medication Review.

      b.   Documentation will specify *either:*

         (i)   The *rationale* for continuing multiple psychotropic use, or

         (ii)   The *specific plan* for eliminating superfluous psychotropic agents through gradual dosage titrations. Reference to published algorithms for psychotropic therapy is suggested.

2.   Random peer reviews will occur in cases of simultaneous use of multiple psychotropic use when two (2) or more medications are prescribed from the same class.

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