

POLICY AND PROCEDURE

DEPARTMENT: Medical Management	DOCUMENT NAME: Psychotropic Medication Utilization Review
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APPROVED DATE: 10/25/2017	RETIRED:
EFFECTIVE DATE: 7/1/2017	REVIEWED/REVISED: 6/18/18
PRODUCT TYPE: All	REFERENCE NUMBER: WA.UM.01.03.04

SCOPE:

This policy and procedure applies to all staff involved in the design, implementation, operations, and management of Behavioral Health Utilization Management services for Coordinated Care

PURPOSE:

Coordinated Care recognizes there are many vulnerable populations we serve and one aspect of our service should be psychotropic medication monitoring. Many psychotropic medication prescribed to children 5 years and younger are used for symptoms and conditions not approved by the Food and Drug Administration. Whenever possible, a comprehensive evaluation should be performed, and behavioral interventions and therapy should be used before beginning psychotropic medications; however, there may be circumstances where this is not possible. Examples of such situations include cases where a member has suicidal ideation, psychosis, self-injurious behavior, or physical aggression that puts the member or others at risk of harm. Other possible emergent situations include severe sleep disturbance, severe anxiety, isolation, or withdrawal from contact with others. When psychotropic medications are used in the treatment of an individual, use should represent acceptable practice, be used safely, and enhance the stability and functioning of the individual.

POLICY:

Coordinated Care utilizes the following parameters to identify those members with a potential risk for overmedication or safety issues. The use of medications outside of these parameters or above the recommended doses does not automatically put members at risk for harm. Psychotropic medications must be prescribed 60 or more days to be considered active treatment, and to be weighted in determining if the medication regimen falls outside parameters. When these parameters are met for all Apple Health Foster Care (AHFC) members, and children outside of AHFC that are 5 years and younger a review is triggered:

- Psychotropic medication prescribed without an identified psychiatric diagnosis *OR*;

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- Prescribing of four (4) or more psychotropic medications concomitantly (side effect medications are not included in the count) *OR*;
- Prescribing of:
 - Two (2) or more concomitant stimulants
 - Two (2) or more concomitant alpha agonist
 - Two (2) or more concomitant antidepressants
 - Two (2) or more concomitant antipsychotics
 - Three (3) or more concomitant mood stabilizers *OR*;
- The psychotropic medication exceeds usual recommended doses (literature based) *OR*;
- Psychotropic medications such as Stimulants, Alpha Agonists, Antidepressants, Antipsychotics, and Mood Stabilizers being prescribed to children five (5) years and younger *OR*;
- Antipsychotic medication(s) prescribed continuously without appropriate monitoring of glucose and lipids at least every 6 months.

Meeting PMUR Criteria

When a member meets criteria for PMUR there will be ongoing interventions, monitoring and follow-up. Coordinated Care will make every effort to facilitate collaboration and educate providers to preserve the services available to this population.

- As part of the educational process, a peer-to-peer discussion by a medical director or physician consultant can be achieved by outreach strategies that include: letters to prescribers, phone calls to prescribers, and the opportunity for the prescriber to request a direct consultation with the plan.
- Members with a determination of outside parameters and there is evidence of serious side effects or potential for serious side effects: a medical director or physician consultant will notify the

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requesting agency or applicable staff within the market to assist in any needed follow-up.

- Unless otherwise specified in PMUR recommendations, members with completed PMURs will be monitored by assigned PMUR Utilization Manager after the initial review to identify any continued issues with prescribing outside Parameters. In the event a prescriber continues to use medication outside Parameters, a medical director or physician consultant can trigger a Quality of Care Concern (QOC) via the Quality Improvement Department to assist in intervention with providers.

REFERENCES:

- Most current NCQA Standards and Guidelines for the accreditation of MBHOs and MCOs
- Psychotropic Medication Utilization Parameters for Children and youth in Foster Care 5th Version.
- Sernyak, M.MD; Cohn, T. MB; Can J Psychiatry, Vol 51, No. 8 July 2006 Metabolic Monitoring for Patients Treated with Antipsychotic Medications.

ATTACHMENTS:

DEFINITIONS: Psychotropic Medication Utilization Review: Medication review for children and youth prescribed psychotropic medication that are prescribed outside the medication guidelines provided by the Federal Drug Administration (FDA).

REVISION LOG

REVISION	DATE
Updated policy to include defined age categories	6/18/18

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APPROVAL

The electronic approval retained in Compliance 360, Centene's P&P management software, is considered equivalent to an actual signature on paper.

VP/Director Medical Management: On file.