



Mood Stabilizing Medication Management Protocol

The purpose of this Medication Management Guideline is to promote a common, evidence-based standard of care throughout the Care Compass Network PPS in the treatment of persons treated with mood stabilizing medication who are part of the Integration of Behavioral Health and Primary Care project. The intent is to aid primary care providers, including physicians, nurse practitioners, physicians' assistants and other providers in their care of patients.

This Medication Management Guideline has been developed with input from Care Compass Network Behavioral Health Quality Committee for the South Regional Performance Unit, representing primary care and behavioral health specialists, and the Care Compass Network Clinical Governance Committee. This guideline has been approved by the Clinical Governance Committee. On an annual basis, this guideline will be presented to the Behavioral Health Quality Committee for each Regional Performance Unit for improvement. It will be recertified by the Clinical Governance Committee following a review by the Quality Committee.

Common Mood Stabilizing Medications

- Lamotrigine
- Lithium
- Valproic Acid
- Carbamazepine

CARE COMPASS NETWORK

Recommended Patient Monitoring while taking Mood Stabilizing Medications				
All Mood Stabilizers	Baseline	6 Months	Annually	As Clinically Indicated
General Physical Assessment				
Blood Pressure, Heart Rate	X	X		
Temperature, Respiratory Rate				X
Medication Reconciliation including OTC and herbal supplements				
Assess side effects and potential drug interactions, including agents that impact electrolyte balance or prolong QT interval.	X		X	X
Medical History				
Assess allergies, medical/psychiatric illnesses, surgeries, injuries, and hospitalizations.	X		X	X
Waist Circumference	X			
Weight/Body Mass Index	X	X	X	
Pregnancy Status	X			
Lifestyle Assessment				
Smoking, exercise, dietary habits, alcohol and drug dependency, oral hygiene	X		X	
Cardiac Evaluation				
Evaluate patient for cardiac risk.	X			X
Assess for Suicide and Homicide Risk	X			X

Lamotrigine	Baseline	6 Months	Annually	As Clinically Indicated
Rash Assessment and Education				
Discontinue medication at the first sign of a drug-related rash, particularly if accompanied by fever or sore throat, if diffuse and widespread, or if facial/mucosal involvement.	X			X

Lithium	Baseline	6 Months	At Dosage Change	Annually	As Clinically Indicated
Serum Level					
Levels should be closely monitored if start or discontinue NSAIDs, ACEIs, diuretics, fluoxetine, or other medications that interact.	X (5-7 days after initiation)	X	X (5-7 days after change)		X
Complete Blood Count (CBC)	X			X	X
Thyroid Function	X (1-2 x in first 6 months)	X (every 6-12 months)			X
BUN/Creatine Clearance	X (2-3 x in first 6 months)	X (every 6-12 months if stable)			X
Electrolytes	X	X		X	X
Fasting Blood Glucose	X				X
Assess side effects, symptom severity, and adherence to treatment plan			X	X	X
Electrocardiogram (ECG)					
If over 40 or cardiovascular risk factors are present	X				X

Valproic Acid	Baseline	3 Months	6 Months	At Dosage Change	Annually	As Clinically Indicated
Serum Level	X (1-2 weeks after initiation)			X (1-2 weeks after change)	X	X
Complete Blood Count (CBC)	X		X			X
Liver Function Tests	X		X			X

CARE COMPASS NETWORK

Menstrual History	X	X (4 x in first year)			X	X
Assess side effects, symptom severity, and adherence to treatment plan				X	X	X

Carbamazepine	Baseline	3 Months	6 Months	At Dosage Change	Annually	As Clinically Indicated
Plasma Level	X (1-2 weeks after initiation)			X (1-2 weeks after change)	X	X
Liver Function Tests	X (1-2 weeks after initiation)		X			X
Complete Blood Count (CBC)	X (1-2 weeks after initiation)	X	X	X (1-2 weeks after change)	X	X
Electrolytes						
If risk factors are present	X					
Assess side effects, symptom severity, and adherence to treatment plan				X	X	X

References:

Table adapted from October, 2012 Magellan Health Services Best Practices Guide. Available at:

http://www.magellanofaz.com/media/296247/best_practice_mood_stabilizers_monitoring_guidelines_final_10-12.pdf Accessed November 19, 2015.

Ng F, Mammen OK, Wilting I, Sachs GS, et al. International Society for Bipolar Disorders (ISBD) consensus guidelines for the safety monitoring of

Crimson, L., Argo T., Bendele S., Suppes T., Texas Medication Algorithm Project Procedural Manual- Bipolar Disorder Algorithm s. Texas Department of State Health Services

<http://www.pbhcare.org/pubdocs/upbad/documents/TMABDMAn2007.pdf> Accessed: October 2, 2012.

Connolly KR, Thase ME. The clinical management of bipolar disorder: a review of evidence-based guidelines. Prim Care Companion CNS Disord. 2011;13(4). Pii: PCC.10r01097.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3219517/?tool=pubmed> Accessed October, 2, 2012.

Hirschfeld R., Bowden C., Gitlin M, et al. Practice Guideline for the Treatment for Patients With Bipolar Disorder (Revision). Am J Psychiatry. 2003; 1(1) 64-110.

Yatham LN, Kennedy SH, Schaffer A, et al, Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) collaborative update of CANMAT guidelines for the management of patients with bipolar disorder:

Abbott Laboratories, North Chicago, IL. Depakote® (valproate sodium) tablet package insert. Revised 4/2009.

Shire US Inc., Wayne, PA. Carbatrol® (carbamazepine) extended-release capsules package insert. Revised 4/2009.

GlaxoSmithKline, Research Triangle Park, NC. Lamictal® (lamotrigine) tablets package insert. Revised 5/2009.



Arizona Department of Health Services: Division of Behavioral Health Services. Provider Manual. Psychotropic Medication: Prescribing and Monitoring. Section 3.15 http://www.azdhs.gov/bhs/provider/sec3_15.pdf. Accessed October 2, 2012.

Correll C, Carlson H. Endocrine and Metabolic Adverse Effects of Psychotropic Medications in Children and Adolescents. *J. Am. Acad. Child Adolesc. Psychiatry*, 2006;45(7):771-791

Adolescents.

Kian Peng Goh, M.R.C.P. Management of Hyponatremia. *Am Fam Physician*. 2004 May 15;69(10):2387-2394
Clinical Pharmacology On-line. <http://www.clinicalpharmacology-ip.com> Accessed October 2, 2012