



CASA
Child, Adolescent and Family
Mental Health

CHILDREN'S SERVICES MEDICATION RESOURCE

A Reference Guide to Commonly Prescribed
Psychotropic Medicines for Vulnerable Young
People

Abstract

This package is filled with general medication summaries for the most commonly prescribed medicines. CASA Pharmaceutical Nursing program provides consultation on for Children's Services Edmonton and Northern Alberta. We want to share our inventory of general medication information with decision makers involved with Policy 9.1.2 consent approval process related to medications and health care treatments. We hope that this package will provide the information needed in a convenient and accessible manner.

CASA's Pharmaceutical Nursing Consultation program provides evidence-based information and education to enhance capacity of Children's Services professionals. It is not a mandatory service. We do not approve, change, or discontinue prescriptions or doctors' orders. The program does not take responsibility for how information provided is interpreted and enacted upon by CS casework professionals.

CASA Pharmaceutical Nurse Consultation Program

pharmnurse@casaservices.org

PROGRAM DESCRIPTION

CASA's Pharmaceutical Nursing Consultation (PNC) program is a provincial program in partnership with Calgary. This support service strives to build capacity through evidence-based education, resources, and consultation on medication and relevant children's mental health topics.

This Psychotropic medicines list, covers the most common agents that you may encounter based on prescriptions, within Edmonton's city formulary, that pediatricians and psychiatrists currently utilize in both Edmonton and rural north areas. This list does not contain every psychotropic medication available. In its present form, this lists serves as a good starting point. Additional entries/deletions will be considered subsequent to ministry feedback and as a result of changes in encountered medications.

This reference does not replace the consultative services of CASA Pharmaceutical Nurse Consultation program. Children's Services professionals are welcome to continue reaching out to nursing to troubleshoot and request information support when needed.

TIP:

Use Bookmarks on left hand side interface to navigate to classes of medication. Alternatively, use the Table of Contents to locate medications of interest.

To optimize navigation experience, go to primary interface at top left of screen to View > Show/Hide > Toolbar Items > Show Navigation Tools > Ensure all items are check marked

Bonus Content:

Due to exposure to adverse childhood events (ACES) and environmental factors that our population have experienced, there are often comorbid medical challenges such as respiratory and allergy concerns. Therefore, we also include general med info for antihistamines and inhaler devices for your consideration. It is worth noting that, these medications do not require government mandated consent approval.

Direct any queries to: pharmnurse@casaservices.org

Contributors

Sandy Atwal is a Registered Nurse and a Psychiatric Nurse with experience working in residential settings, pediatric emergency mental health and adult psychiatry. She enjoys traveling, watching murder mysteries, and running outdoors to work off her affinity for junk food.

Message her at satwal@casaservices.org

Jeff Cheng is a Registered Nurse with experience within forensic youth and adult mental health settings and adult community and tertiary care settings. When not at work, he spends most of his time catering to the numerous soul crushing demands of his wife and two small children.

Message him at jcheng@casaservices.org

Supported by Dr. Lynn Davis R.Psych. Program Manager Rural Services, Consultation and Education.

Additional contributions from CASA Nurse Clinical Lead Hanif Somji for his insight and assistance with medications that can help treat symptoms of toxic stress and trauma.

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Overall Considerations

Psychotropic Medication Safety Planning

- All psychotropic medications have an increased risk of activating suicidal ideation and self-harming actions.
- Proactive safety planning should occur between child, caseworker, mental health professionals, school board, caregivers
 - Planning should take place prior to commencement of any psychotropic medication
 - If possible, involve child/teen in planning
 - Call the doctor or utilize community based mental health resources if there are concerns with suicidal ideation and self harming actions. Go to nearest emergency room if there are imminent safety concerns.

AWOLS and Illicit Substance Use Planning

- Coordinate a treatment plan to deal with AWOLS, and illicit substance/alcohol ingestion
- Be proactive and have a plan in place before such an event occurs
- Make sure to speak with prescribing physician to get direction
- Involve the child and treatment team (SW, school, prescribing doctor, youth worker etc.)
- Drugcocktails.ca
 - Resource to look up interactions between street drug and psychotropic medication
 - Can be accessed by caregivers and youth
 - Concerta and marijuana
 - Can make the heart beat too fast
 - Risperdal and alcohol
 - can worsen the uncontrolled movements (also called 'EPS') that risperidone sometimes causes.
 - risperidone can make people sleepy, dizzy and confused, especially at first as your body gets used to it. Alcohol can make this worse.

Titration

Be prepared for titration process (increase /decrease of dose) to meet desired clinical response. Dosage changes do not require consent approvals as per 27 Sept 2016 memo via David Wilson.

Off-label Prescriptions

Psychotropic medications are often prescribed in an off-label manner. That means that they may be applied beyond indicated age ranges, purposes, or dosing ranges found in mainstream drug monographs. Off-label prescriptions are very common in children's mental health. It is good practice for the attending caseworker to be present at medical appointments to speak with the doctor about prescriptions and learn about rationale, risks, and benefits of proposed off-label prescriptions. Alternatively, coordinating with the primary clinic or tertiary care social worker or unit manager to gain understanding would also be good.

MEDICATIONS THAT HELP ENHANCE THINKING AND LEARNING

There are medicines available that can help a child better control their attention and be less impulsive, hyperactive, and irritable. These medicines can help improve higher level thinking in a young person's brain. For example, it can improve focus and attention, following instructions, processing information, reasoning, and judgement.

This section includes stimulant and non-stimulant agents that help enhance executive functioning challenges young people may face due to trauma, ADHD, or FASD.

Methylphenidate Stimulant Family

- Concerta/Methylphenidate
- Biphentine/ Methylphenidate
- Ritalin/ Methylphenidate

Amphetamine Stimulant Family

- Dexedrine/Dextroamphetamine
- Vyvanse/ Lisdexamfetamine
- Adderall XR/Mixed Amphetamine Salts

Non Stimulant Medicines

- Intuniv/Guafacine
- Dlxarit/Clonidine
- Strattera/Atomoxetine

Medication Class: Methylphenidate Stimulants Family

These medications help decrease interrupting, impulsive responses, fidgeting, finger-tapping; increase attention, focus, short-term memory, reaction time, problem solving, and improve interpersonal interactions.

Medication	Purpose	Dosing	Specific Considerations
<p align="center">Concerta / Methylphenidate</p>  <p align="center">Kelty Mental Health pdf</p>  <p align="center">Lexicomp patient hand out</p>	<p>A long acting methylphenidate based psychostimulant used for reducing the symptoms of ADHD which include inattention, impulsivity, and hyperactivity.</p>	<p>As per CADDRA* guidelines maximum daily dosing:</p> <ul style="list-style-type: none"> • Child 72 mg • Adolescents 90 mg • Adults 108 mg <p>Methylphenidate is approved by Health Canada for treating AD/HD in adolescents and children age six and over.</p> <p>Safety and efficacy not established in children under age 6.</p>	<p>This is a pill form of methylphenidate that has a spread of 10 to 12 hours.</p>
<p align="center">Biphentin / Methylphenidate</p>  <p align="center">Kelty Mental Health pdf</p>	<p>A capsule form of methylphenidate that helps treat symptoms of ADHD. It is designed to deliver the medicine slowly through the day. It helps increase attention and completion of tasks, and decrease impulsivity.</p>	<p>As per CADDRA* guidelines maximum daily dosing:</p> <ul style="list-style-type: none"> • Child 60 mg • Adolescents and Adults 80 mg <p>Methylphenidate is approved by Health Canada for treating</p>	<p>Capsule may be opened and granules sprinkled into food to help with intake, swallowing impairment, sensory issues and compliancy.</p> <p>Yogurt is a popular choice for granules to be sprinkled into.</p>

 <p>Lexicomp patient hand out</p>		<p>AD/HD in adolescents and children age six and over.</p>	
<p>Ritalin / Methylphenidate</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>A short acting methylphenidate based psychostimulant used for reducing the symptoms of ADHD, which include; inattention, impulsivity, and hyperactivity.</p>	<p>As per CADDRA* guidelines maximum daily dosing:</p> <ul style="list-style-type: none"> • Child and youth 60 mg • Adult 100 mg 	<p>It has a spread of approximately 3 to 4 hours</p>

Medication Classes: Stimulant Amphetamine Family

These medications help decrease interrupting, impulsive responses, fidgeting, finger-tapping; increases attention, focus, short-term memory, reaction time, problem solving, and improve interpersonal interactions.

<p>Adderall XR</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>A long acting amphetamine based psychostimulant used for reducing the symptoms of ADHD, which include: inattention, impulsivity, and hyperactivity.</p>	<p>As per CADDRA* guidelines maximum daily dosing:</p> <ul style="list-style-type: none"> • Child 30 mg • Adolescents and Adults 50 mg 	<p>It has a spread of approximately 12 hours.</p> <p>High abuse potential and street value for recreational use. Monitor for proper administration and ingestion. Should be taken orally.</p> <p>Popular for salts to be taken out of capsule, crushed, and snorted intranasal.</p>
<p>Lisdexamfetamine / Vyvanse</p>  <p>Kelty Mental Health pdf</p>	<p>A long acting dexamphetamine stimulant used to reduce the symptoms of ADHD during school hours and after school to help scholastic performance and transition back to home.</p>	<p>As per CADDRA* guidelines maximum daily dosing:</p> <ul style="list-style-type: none"> • Children 60 mg • Adolescent and Adult 70 mg <p>Lisdexamfetamine is approved by Health Canada for treating AD/HD in adolescents and children age six and over</p>	<p>Has a spread of up to 16 hours.</p> <p>Has special technology where medicine can only be activated by specific proteins found in the stomach.</p> <p>This helps reduce abuse potential.</p>

 <p>Lexicomp patient hand out</p>			
<p>Dextroamphetamine / Dexedrine</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>Intermediate acting amphetamine based stimulant that help reduce symptoms of ADHD to get through ADLs and transition to school.</p>	<p>As per CADDRA* guidelines maximum daily dosing:</p> <ul style="list-style-type: none"> • Child and Adolescent 20 to 30 mg • Adult 50 mg 	<p>Has a spread of six to eight hours.</p> <p>Comes in pill or spansule form. Does have abuse potential and resale value on street.</p> <p>Monitor for proper administration and ingestion. Should be taken orally.</p> <p>Popular for salts to be taken out of capsule, crushed, and snorted intranasal.</p>

Stimulant Considerations

Stimulants Increase	Stimulants Decrease
<p>Attention, focus, short-term memory, task compliancy, problem solving, positive interpersonal interactions.</p>	<p>interrupting, impulsive responses, fidgeting, finger-tapping, negative social interactions, risk seeking behaviors</p>

Canadian ADHD Resource Alliance (CADDRA)

ADHD Stimulant and Non Stimulant Chart	
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Regular monitoring of vitals important and food intake is important with use of ADHD stimulants

- Stimulants can affect appetite and lead to decreased dietary intake impacting physical growth. Height and weight may be monitored by the prescribing clinic to ensure that the child is not being affected as such. Please discuss how this may be achieved with the prescribing doctor and their clinic. Every clinic may do this differently and have their own protocols and methods.
- May cause rapid heartbeat and should be monitored by the prescribing physician.
- Ensure a good breakfast and take medication with or after intake of food.
- It can be helpful to work with the caregivers and school board to ensure healthy snacks are available throughout the day for the child as appetite may be disrupted from the stimulants. This may also help to reduce acting out behaviors resulting from hunger.

Psychostimulants can be abused or diverted for street purposes

- Use with caution and careful monitoring during administration if young person has history of abusing drugs or alcohol.
- Ensure that medication is taken as prescribed via proper route

Non-Stimulant Executive Functioning Meds

The following agents are not stimulants yet do provide coverage to help improve a young person's executive functioning. These agents take time to build up in the bloodstream to reach efficacy. Compliancy is key for someone to feel a difference after around two weeks.

<p>Atomoxetine / Strattera</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>A non stimulant medication used to treat ADHD. It activates areas of the brain that control impulsivity and attention and helps improve symptoms of ADHD.</p> <p>Reduces both the inattentive and hyperactive/impulsive symptoms of ADHD</p> <p>Selectively blocks the reuptake of norepinephrine; increases dopamine</p> <p>Norepinephrine in the frontal cortex - leads to cognitive enhancement without abuse liability; suggested to be important in regulating attention, impulsive and activity level.</p>	<p>Children=0.8mg/kg for 7 – 14 days then 1.2 mg/kg/day 70kg or Adult=60mg/kg for 7-14 days then 80mg/day</p> <p>Max dose: 1.4mg/kg/day or 100 mg</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p> <p>Full therapeutic effects may take 3-7 weeks</p> <p>Provides up to 24 hour coverage of symptoms.</p> <p>Heart rate and blood pressure should be monitored at baseline and periodically during treatment.</p> <p>Monitor height and weight during treatment</p> <p>Monitor for increased irritability, anger, depression, and suicide thoughts, especially during the first 3 weeks after drug initiation.</p>
<p>Clonidine/Dixarit</p>	<p>An alpha 2 adrenergic agonist which is commonly used to manage high blood pressure in adults.</p>	<p>A Lexicomp database check indicates the maximum dose of 0.2 mg for a child under 45 kg.</p>	<p>Potential sedation that can pose falls risk. Monitor for safety.</p> <p>Because this medication can lower</p>

 <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>For children and youth, it is often prescribed to help reduce emotional outbursts and disruptive behaviors throughout the day.</p> <p>It can help the child learn and absorb information at school.</p> <p>Reduces the hyperactive/impulsive symptoms of ADHD</p> <p>It can help settle restlessness and agitation of a child at bedtime to help with onset of sleep.</p> <p>Decreases the startle response and hyperarousal in PTSD</p> <p>Can help diminish tics.</p>		<p>blood pressure, the child should be monitored for the following side effects when started on medication:</p> <ul style="list-style-type: none"> • Very bad dizziness or passing out. • Slow heartbeat. • A heartbeat that feels irregular and out of sync • Feeling very sleepy, falling asleep in class <p>These should subside as the child gets used to the medication.</p> <p>The prescribing doctor should be consulted for discontinuation of the medication. The child should not be taken off without doctor support as abrupt discontinuation of the drug may cause rebound high blood pressure.</p> <p>Young person should remain well hydrated with water to minimize headaches and dizziness caused by lowered blood pressure.</p> <p>The "off-label" use of this medication is at the careful discretion</p>
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			of a consistent prescribing doctor who will monitor and overlook medication.
<p>Guanfacine / Intuniv XR</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>An alpha₂-adrenergic agonist that is used as blood pressure medication for adults. It also treats hyperactivity, impulsivity, and disruptive behaviors associated with ADHD and autism related irritability for children. It is long acting with a spread of up to 16 hours to 24 hours.</p> <p>Can help diminish tics.</p> <p>Improves arousal, hyperactivity, inattention, and immature behavior</p> <p>Reported beneficial in decreasing nightmares in PTSD</p>	<p>As per CADDRA:</p> <p>Monotherapy:</p> <ul style="list-style-type: none"> • 6-12 years = 4 mg, • 13-17 years = 7 mg <p>As adjunctive therapy to psychostimulants</p> <ul style="list-style-type: none"> • 6-17 years = 4 mg <p>It is approved by Health Canada to treat attention deficit/hyperactivity disorder (AD/HD) in children 6-17 years of age.</p> <p>The safety and efficacy of Intuniv XR in children less than 6 years of age have not been studied.</p>	<p>Potential sedation that can pose falls risk and induce a flat affect. Monitor for safety.</p> <p>Because this medication can lower blood pressure, the child should be monitored for the following side effects when started on medication:</p> <ul style="list-style-type: none"> • Very bad dizziness or passing out. • Slow heartbeat. • A heartbeat that feels irregular and out of sync • Feeling very sleepy, falling asleep in class <p>These should subside as the child gets used to the medication.</p> <p>Young person should remain well hydrated with water to minimize headaches and dizziness caused by lowered blood pressure.</p> <p>Take the child to emergency if you feel there is a medical emergency.</p>

Non Stimulant Agent Considerations

Increase	Decrease
Attention, focus, short-term memory, task compliancy, problem solving, positive interpersonal interactions.	interrupting, impulsive responses, fidgeting, finger-tapping, negative social interactions, risk seeking behaviors

- Med compliancy is important with these agents. It takes around two weeks to reach therapeutic levels. It's important that these medications are taken as directed and administered as prescribed.
- The prescribing doctor should be consulted for discontinuation of the medication. The child should not be taken off without first speaking with the doctor.

MEDICATIONS THAT HELP REDUCE ANXIETY & STABILIZE MOOD

Antidepressants are commonly used to help people struggling with overwhelming feelings of depression and anxiety. Antidepressants can help a young person feel more in control of their emotions and perhaps be less worried so they can go about the business of being a child, learning and growing. These medications treat anxiety based mental health problems such as post-traumatic stress disorder and obsessive compulsive disorder. Ask your doctor to explain what the mental health problem means. It's important for caregivers to understand what their child's diagnosis is to best help the young person through this difficult time.

While there are different groups of antidepressants, the most well tested and scientifically recommended group of antidepressants for children are selective serotonin reuptake inhibitors, or SSRIs. These medicines are considered first line agents to be considered for reducing emotional reactivity, mood instability, and depressive symptoms. These medications help keep more serotonin circulating in the brain, helping children to feel better, have more energy, and be able to cope with everyday stresses in a more positive way.

In addition, this section includes atypical antidepressants, traditional mood stabilizers, and anxiolytics.

Atypical antidepressants are older medicines that are commonly prescribed for adults but lesser so for child and youth. The medications influence the amount of neurotransmitters such as dopamine, serotonin, and norepinephrine to bring about therapeutic effects for mood stabilization and anxiety reduction.

Traditional mood stabilizers are a group of medicines mainly consisting of anticonvulsants that have been on the market for a long period of time commonly prescribed for adults. They are often used to treat seizure disorders and bipolar disorders. They are effective with mood stabilization but due to more invasive blood monitoring practices required to ensure appropriate amount of medication in the body, this group is used less commonly unless benefits are worth the costs of harsher long-term effects on body and ongoing diagnostic needle pokes.

Anxiolytics are anti-anxiety medications that need to be carefully considered due to abuse potential, street diversion, and dependence concerns. They are not commonly prescribed and when they are, usually utilized for short term management of anxiety related to medical/dental procedures; or to manage acute episodic mental health crisis.

SSRI Antidepressants

- Fluvoxamine / Luvox
- Escitalopram / Cipralex
- Sertraline / Zoloft

- Fluoxetine / Prozac
- Citalopram / Celexa

Atypical Antidepressants

- Duloxetine/Cymbalta
- Bupropion / Wellbutrin
- Venlafaxine / Effexor

Traditional Mood Stabilizers

- Lamotrigine / Lamictal
- Lithium / Carbolith
- Tegratol / Carbamazepine
- Epival / Divalproex / Valproic Acid
- Gabapentin / Neurontin

Anxiolytics

- c. Lorazepam / Ativan
- d. Clonazepam / Rivotril

Medication class: Selective Serotonin Reuptake Inhibitors (SSRI) Antidepressants

First line agents for mood stabilization, anxiety, and depressive symptoms within child and youth population. Helps reduce reactivity to stress to help someone transition through activities of the day.

Medication	Purpose	Dosing	Specific Considerations
<p>Fluvoxamine/ Luvox</p>  <p>Lexicomp patient hand out</p>	<p>A selective serotonin reuptake inhibitor antidepressant that can help reduce anxiety, OCD, and depressive symptoms</p>	<p>A Lexicomp database check indicates:</p> <p>For Children and Adolescents 8 to 17 years of age:</p> <p>Usual dose range: 50 to 200 mg daily</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p>
<p>Escitalopram / Cipralex</p>  <p>Lexicomp patient hand out</p>	<p>A selective serotonin reuptake inhibitor antidepressant that can help reduce anxiety and depressive symptoms.</p>	<p>A Lexicomp database check indicates:</p> <p>Children ≥ 12 years start with an initial loading dose of 10 mg once daily. The dose may be increased to a maximum of 20 mg once daily after at least 3 weeks.</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p> <p>SSRIs have not been approved for use in Canada for children and adolescents.</p> <p>Safety and efficacy not established in children under age 18.</p> <p>SSRIs have been associated with increased suicidal ideations, hostility, and psychomotor agitation in clinical trials</p>

			<p>involving children and adolescents.</p> <p>Monitor all patients for worsening of depression and suicidal thinking.</p> <p>Monitor therapy by watching for adverse effects, mood, and activity level changes including thoughts of suicide or self-harm</p>
<p>Sertraline / Zoloft</p>  <p>Lexicomp patient hand out</p>	<p>A selective serotonin reuptake inhibitor (SSRI) antidepressant which is commonly prescribed for youth to help manage symptoms related to anxiety, OCD, and depression.</p>	<p>A Lexicomp database check indicates:</p> <p>Children 200 mg max daily dose</p> <p>Adolescents 200 mg max daily dose</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p> <p>SSRIs have been associated with increased suicidal ideations, hostility, and psychomotor agitation in clinical trials involving children and adolescents.</p>
<p>Fluoxetine / Prozac</p>  <p>Lexicomp patient hand out</p>	<p>A selective serotonin reuptake inhibitor antidepressant that can help reduce anxiety, OCD, and depressive symptoms</p>	<p>A Lexicomp database check indicates:</p> <p>Children 5 years plus and adolescents can have up to 60 mg/day</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p>

<p>Citalopram / Celexa</p>  <p>Lexicomp patient hand out</p>	<p>A selective serotonin reuptake inhibitor antidepressant that can help reduce anxiety, OCD, and depressive symptoms.</p> <p>Citalopram can also help reduce rigid thought patterns and stereotypical behaviors associated with conditions such as autistic spectrum disorder or FASD.</p>	<p>A Lexicomp database check indicates:</p> <p>Children and adolescents can have a range of 10 to 40 mg / day</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p>

Kelty Mental Health SSRI PDF



Kelty Mental Health pdf

<p>Medication Class:</p> <p>Atypical Antidepressants</p> <p>This class of medication can exert influences on a combination of neurotransmitters such as norepinephrine, serotonin, and dopamine to help with mood stabilization and anxiety reduction. The following medications are not as commonly prescribed as SSRI antidepressants but still play their roles in children’s mental health.</p>			
Medication	Purpose	Dose	Specific Considerations
<p>Duloxetine/Cymbalta</p>	<p>A serotonin and norepinephrine reuptake inhibitor (SNRI) antidepressant that can</p>	<p>A Lexicomp database check indicates:</p>	<p>Must be taken for a few weeks before you begin to feel better.</p>

 <p>Kelty Mental Health pdf</p>	<p>help reduce anxiety and mood stabilization.</p> <p>Not approved for kids under 18 years of age in Canada. Off-label application at careful discretion and monitoring of a consistent prescribing doctor.</p>	<p>Children and adolescents 7 to 17 years of age can have up to the maximum daily dose of 120 mg /day</p>	<p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p>
<p>Bupropion / Wellbutrin</p>  <p>Kelty Mental Health pdf</p>	<p>A dopamine/norepinephrine-reuptake inhibitor (DNRI) antidepressant is used for instances where there may be comorbid occurrences of ADHD, anxiety, and depression.</p> <p>Off-label application at careful discretion and monitoring of a consistent prescribing doctor.</p>	<p>A Lexicomp database check indicates:</p> <p>Children and adolescents: 1.4 to 6 mg/kg/day.</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p>
<p>Venlafaxine / Effexor</p>  <p>Kelty Mental Health pdf</p>	<p>A serotonin and norepinephrine reuptake inhibitor antidepressant that can help reduce anxiety and mood stabilization.</p> <p>It is also indicated for off-label application to help diminish symptoms of ADHD.</p>	<p>A Lexicomp database check indicates:</p> <p>Children and Adolescents: Oral: Initial: 12.5 mg/day</p> <p>Children <40 kg: Increase by 12.5 mg/week to maximum of 50 mg/day in 2 divided doses</p> <p>Children ≥40 kg: Increase by 25 mg/week to maximum</p>	<p>Must be taken for a few weeks before you begin to feel better.</p> <p>Since this medication takes time to work, do not increase, decrease or stop taking it without discussing with your doctor first.</p> <p>Canadian labelling does not approve use with pediatric</p>

		of 75 mg/day in 3 divided doses.	patients under 18 years of age. The off-label use of this medication is at the careful discretion of a consistent prescribing doctor who will monitor and overlook medication.
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Medication Class: Traditional Mood Stabilizers			
<p>This group of medication, although still seen in prescriptions, are not as commonly used due to harsher effects on the child’s body as well as potential need for ongoing diagnostics to monitor therapeutic levels in the blood which incurs costs and needle sticking to draw samples of which to monitor from.</p>			
Medication	Purpose	Dose	Specific Considerations
<p>Lamotrigine / Lamictal</p>  <p>Kelty Mental Health pdf</p>	<p>An anticonvulsant that is indicated for seizures and maintenance of bipolar 1 disorder.</p>	<p>An adult can have up to 200 mg daily for maintenance of bipolar disorder.</p> <p>*no indications for children and youth</p>	<p>Seek medical attention should the following occur:</p> <ul style="list-style-type: none"> • chest pain • increase in seizures • signs of an allergic reaction (such as difficulty breathing; hives; or swelling of the face, tongue, or throat) • signs of bleeding (such as easy bruising, bleeding gums, nosebleeds, vomiting blood, blood in the urine, dark tarry stools) • signs of meningitis not caused by infection (e.g., headache [severe], throbbing, or with stiff neck or back)

			<ul style="list-style-type: none"> • signs of a severe skin reaction such as blistering, peeling, a rash covering a large area of the body, a rash that spreads quickly, or a rash combined with fever or discomfort • swelling of the hands or feet with shortness of breath • thoughts of suicide or harming yourself
<p>Lithium / Carbolith</p>  <p>Kelty Mental Health pdf</p>	<p>An anticonvulsant / mood stabilizer to manage the symptoms of bipolar disorder.</p>	<p>A Lexicomp database check for maximum dosing indicates</p> <p>Youth 1800 mg over two divided doses</p>	<p>Do not give your child more of this drug than you are told. Your child will have blood tests to check the level of this drug in the blood.</p> <p>Tell the doctor right away if your child feels very sleepy, passes more urine than normal, or has an upset stomach, loose stools (diarrhea), throwing up, blurred eyesight, ringing in the ears, giddiness, weak muscles, shakiness, twitching, seizures, eye movements that are not normal, or a big change in balance.</p> <p>Recommendation:</p> <p>Discuss with prescribing doctor re: blood work to monitor drug levels. Please note that every doctor may have their own system to achieve monitoring. For your reference, the lithium monitoring schedule may look like the following:</p> <ol style="list-style-type: none"> 1. First lithium blood work can take place approx. two weeks after first dose is administered

<p>Tegretol / Carbamazepine</p>  <p>Kelty Mental Health pdf</p>	<p>This medication belongs to a group of medications called “mood stabilizers” – it is used to treat mood disorders such as bipolar disorder.</p> <p>Carbamazepine is also called an “anticonvulsant”, and is used to treat seizure disorders (epilepsy), alcohol withdrawal syndrome</p>	<p>A Lexicomp drug database check indicates:</p> <p>Oral (Children 6–12 yr): 100 mg twice daily (tablets) or 50 mg 4 times daily (suspension). ↑ by 100 mg weekly until therapeutic levels are obtained (usual range 400–800 mg/day; not to exceed 1 g/day). Extended-release products (XR, CR) are given twice daily.</p> <p>Oral (Children <6 yr): 10–20 mg/kg/day in 2–3 divided doses; may be ↑ at weekly intervals until optimal response and therapeutic levels are achieved. Usual maintenance dose is 250–350 mg/day (not to exceed 35 mg/kg/day).</p>	<p>Tegretol levels to be tested six to eight weeks after commencement of medication via bloodwork. Included will be liver function and blood count.</p> <p>*Please ensure follow up and coordination of same</p> <p>Alcohol and grapefruit juice can increase side effects</p> <p>Compliance and ongoing adherence to medication is important to maintain therapeutic effects.</p> <p>Can take one to two weeks before a noticeable improvement in symptoms</p> <p>Do not increase, decrease, or stop taking the medication without talking to the doctor</p>
<p>Epival / Divalproex / Valproic Acid</p>  <p>Kelty Mental Health pdf</p>	<p>An anticonvulsant / mood stabilizer to manage the symptoms of bipolar disorder.</p>	<p>A Lexicomp drug database check indicates:</p> <p>Not recommended for children under 10 years old.</p> <p>Over 10 years old, refer to adult dosing:</p> <p>For Mania and mood stabilization situations:</p> <p>Initial: 750 mg/day in divided doses; dose should be adjusted as rapidly as possible to desired clinical effect</p> <p>maximum recommended dosage: 60 mg/kg/day</p>	<p>Hepatic failure resulting in fatalities has occurred in patients receiving valproate.</p> <p>These incidents usually have occurred during the first 6 months of treatment.</p> <p>Serious or fatal hepatotoxicity may be preceded by nonspecific symptoms such as malaise, weakness, lethargy, facial edema, anorexia, and vomiting.</p> <p>Speak with the prescribing doctor re: schedule of bloodwork to monitor therapeutic levels of medication in body</p> <p>As per Health Canada (April 2017):</p>

			<p>Valproate products (valproic acid, divalproex sodium) should not be used in female children, in female adolescents, in women of childbearing potential and pregnant women unless alternative treatments are ineffective or not tolerated because of its high teratogenic potential and risk of developmental disorders in infants exposed IN UTERO to valproate.</p> <p>Women of childbearing potential must use effective contraception during treatment and be informed of the risks associated with the use of valproate products during pregnancy.</p> <p>In women planning to become pregnant every effort should be made to switch to appropriate alternative treatment prior to conception.</p> <p>Please see Health Canada Memo on Valproate products and teratogenicity: http://www.hc-sc.gc.ca/dhp-mps/medeff/bulletin/hpiw-ivps_2017-04-page2-eng.php#b3</p>
<p>Gabapentin / Neurontin</p>  <p>Lexicomp pdf</p>	<p>An anticonvulsant indicated for management of seizures. Also has analgesic properties to help with pain.</p> <p>In this case, the gabapentin at bed time may also be used to help with sleep induction.</p>	<p>Starting Dose Ratio: 10 to 15 mg / kg</p> <p>Usual Dosing Ratio: 40 mg/kg/day</p>	<p>Can cause sedation</p> <p>Monitor for adequate respirations</p> <p>Please see Health Canada Memo on gabapentin and respiratory depression risk as monotherapy: http://www.hc-sc.gc.ca/ahs.idm.oclc.org/dhp-mps/medeff/reviews-examens/gabapentin-eng.php</p>

	Anticonvulsants have been found useful to treat aggression in children and adolescents with conduct disorders and organic brain syndromes		The safety and efficacy in patients under the age of 18 have not been established
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Medication Class: Anxiolytics

Anxiolytics are anti-anxiety medications that need to be carefully considered due to abuse potential, street diversion, and dependence concerns. They are not commonly prescribed and when they are, usually utilized for short term management of anxiety related to medical/dental procedures; or to manage acute episodic mental health crisis

Medication	Purpose	Dose	Specific Consideration
<p>Lorazepam / Ativan</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>a benzodiazepine that helps reduce anxiety and agitation.</p> <p>Used primarily for conditions resistant to behavior management or to alternate pharmacotherapy</p> <p>May be used on a short-term basis for medical procedures such as dental work or diagnostic procedures to reduce anxiety.</p>	<p>Lexicomp Database Check:</p> <p>For anxiety or agitation:</p> <p>12 years to Adolescence:</p> <p>0.25 to 2 mg per dose up to three times daily for total of up to 6 mg/day total daily dosing.</p> <p>Safety and efficacy not established in children under age of 12</p>	<p>Benzodiazepines are considered adjunctive agents mostly for short-term use in children and adolescents; may be most helpful during the beginning phase of treatment and are not recommended long term</p> <p>Chronic use in children should be carefully evaluated to prevent possible adverse effects on physical and mental development (cognition)</p> <p>The risk of physical dependency and tolerance build up is high.</p> <p>Prescription of Ativan should come from a steady medical professional who will overlook and monitor progress of treatment.</p> <p>Assess the anxiety level of patients on these drugs to determine if anxiety control has been accomplished or if</p>

			<p>over-sedation has occurred</p> <p>Activities requiring mental alertness should not be performed after taking this medication</p>
<p>Clonazepam / Rivotril</p>  <p>Lexicomp patient hand out</p>	<p>Used primarily for conditions resistant to behavior management and alternate pharmacotherapy</p> <p>Control of violent outbursts, assaultive behavior - reducing agitation and behavioral problems associated with severe over-arousal or anxiety</p>	<p>Adolescents and children > 30kg: initial dose = 0.1-1 mg/day and can be increased by 0.5-1mg every 2-3 days to a maximum of 3mg/day</p>	<p>Sedation, irritability, disinhibition, and opposition behavior reported.</p> <p>Prescription of Clonazepam should come from a steady medical professional who will overlook and monitor progress of treatment.</p> <p>Assess the anxiety level of patients on these drugs to determine if anxiety control has been accomplished or if over-sedation has occurred</p> <p>Activities requiring mental alertness should not be performed after taking this medication</p>

MEDICATIONS TO HELP USE WORDS INSTEAD OF FISTS

Antipsychotics are a group of medications that are commonly used to manage symptoms of psychosis or mental health problems such as schizophrenia. More commonly, these medicines can help vulnerable young people manage their aggression and anger when they are reacting to a trigger..

Although many people don't like to think about children taking these kinds of medications, there are known benefits of helping a young person stay calmer, think more clearly, and use their words, instead of fists, to solve a conflict or problem. In addition, these medicines can also contribute to helping a young person better able to listen to other people and learn in a classroom or therapeutic counselling setting.

Atypical Antipsychotics

- Aripiprazole / Abilify
- Risperidone / Risperdal
- Olanzapine / Zyprexa
- Quetiapine / Seroquel
- Lurasidone / Latuda

Traditional Antipsychotics

- Neuleptil / Periciazine
- Chlorpromazine
- Methotrimeprazine / Nozinan
- Zuclopentixol / Clopixol

Medication Class: Atypical Antipsychotics

This group of medication is most commonly prescribed to curb aggressive impulses and disruptive behaviors. It can help settle young people enough to be more receptive to teaching and counselling. It also helps with anger management which can mean fewer incidents of violence.

This group of medicines also have mood stabilization properties and would likely be considered more favorably for prescription over traditional mood stabilizers and adjunct with SSRI antidepressants.

Extrapyramidal side effects (EPS) can be a concern.

Medication	Purpose	Dose	Specific Considerations
<p>Aripiprazole / Abilify</p> <div data-bbox="267 766 438 934" style="text-align: center;">  Kelty Mental Health pdf </div> <div data-bbox="267 1039 438 1207" style="text-align: center;">  Lexicomp patient hand out </div>	<p>Abilify is a second generation antipsychotic used to treat irritability, aggression, deliberate self-injurious behavior, tantrums, and rapid mood cycling.</p> <p>Second generation antipsychotics are often prescribed to children and adolescents to decrease symptoms of severe aggression, agitation, or hyperactivity</p> <p>Aggressive behaviour in conduct disorders and oppositional defiant disorders was reduced in an open trial in children and adolescents</p> <p>Indicated to help treat schizophrenia, Tourette’s Syndrome, Bipolar 1 disorder, and irritability associated with autistic disorder.</p>	<p>A Lexicomp drug database check indicates:</p> <p>Children 6 years plus through adolescence:</p> <p>10 mg/day if less than 50 kg</p> <p>20 mg/day if over 50 kg</p> <p>For schizophrenia and manic episodes, children 10 years plus through adolescence can have up to 30 mg/day though not recommended as maintenance or as adjunctive therapy</p>	<p>Children and adolescents may be more sensitive to adverse side effects</p> <p>Weight gain may occur in some patients receiving antipsychotics; proper diet, exercise and avoidance of calorie-laden beverages is important</p> <p>Monitor height, weight, waist circumference, and body mass index during course of treatment</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p> <p>The off-label use of this medication is at the careful discretion of a consistent prescribing doctor who will monitor and overlook medication</p>

<p>Risperidone / Risperdal</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>A second generation antipsychotic that is indicated for mood stabilization, reduction of aggression and disruptive behaviors.</p> <p>The morning dose can help the child feel more settled and receptive to learning and positive daily stressors.</p> <p>The bedtime dose can aid in settling to help onset of sleep.</p> <p>Used in managing aggression, temper tantrums, psychomotor excitement and hyperactivities unresponsive to other therapy.</p> <p>Indicated for bipolar mania, schizophrenia, autistic rigidity, and Tourette’s Syndrome (off-label)</p> <p>Second generation antipsychotics are often prescribed to children and adolescents to decrease symptoms of severe aggression, agitation, or hyperactivity</p>	<p>A Lexicomp database check indicates:</p> <p>Children 15 to 20 kg dosing between 0.5 to 3 mg daily have been evaluated. Therapeutic effect reached plateau at 1 mg daily.</p> <p>Children over 20 kg have been evaluated for daily doses between 0.5 mg to 3 mg. Therapeutic plateau is often reached by 2.5 mg.</p> <p>Adolescents 13 to 17 include doses ranging from 1 to 6 mg daily.</p>	<p>Children and adolescents may be more sensitive to adverse side effects</p> <p>Weight gain may occur in some patients receiving antipsychotics; proper diet, exercise and avoidance of calorie-laden beverages is important</p> <p>Monitor height, weight, waist circumference, and body mass index during course of treatment</p> <p>Ensure healthy diet and regular exercise to counter potential weight gain.</p> <p>Risperdal is known for causing hormonal disruptions such as increasing lactic acid in the body that contributes to male breast development.</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age</p> <p>The off-label use of this medication is at the careful discretion of a consistent prescribing doctor who will monitor and overlook medication.</p>
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<p>Olanzapine / Zyprexa</p> <p> Kelty Mental Health pdf</p> <p> Lexicomp patient hand out</p>	<p>Olanzapine is a second generation antipsychotic that is indicated for regulating mood and reducing disruptive behaviors.</p> <p>It is indicated for bipolar 1 disorder, depression with comorbid bipolar 1 disorder, schizophrenia, and Tourette syndrome (off-label use)</p> <p>Second generation antipsychotics are often prescribed to children and adolescents to decrease symptoms of severe aggression, agitation, or hyperactivity</p>	<p>A Lexicomp drug database check indicates:</p> <p>Children and adolescents have a dosing range from 2.5 to 20 mg daily depending on tolerance and mental health situation.</p> <p>Usual dosage falls between 2.5 to 12.5 mg</p>	<p>Ensure healthy diet and regular exercise to counter potential weight gain.</p> <p>Olanzapine is reputed for causing weight gain.</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p> <p>The off-label use of this medication is at the careful discretion of a consistent prescribing doctor who will monitor and overlook medication.</p>
<p>Quetiapine / Seroquel</p> <p> Kelty Mental Health pdf</p> <p> Lexicomp patient hand out</p>	<p>A second generation antipsychotic that can be helpful with regulating mood and reduce disruptive and aggressive behaviors. Given, at bedtime, the medication can help the child settle and sleep.</p> <p>Second generation antipsychotics are often prescribed to children and adolescents to decrease symptoms of severe aggression, agitation, or hyperactivity</p> <p>Indicated for bipolar disorder and schizophrenia.</p>	<p>A Lexicomp drug database check indicates:</p> <p>Children over 10 years and adolescents 17 years and under can have up to 600 mg daily.</p> <p>For psychosis, youth aged 13 to 17 years of age can have up to 800 mg daily.</p>	<p>Ensure healthy diet and regular exercise to counter potential weight gain</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p> <p>The off-label use of this medication is at the careful discretion of a consistent doctor who will monitor and overlook medication.</p> <p>As per Health Canada (April 2017):</p> <p>There have been reports of quetiapine</p>

			<p>misuse, abuse, tolerance, and/or physical dependence</p> <p>These cases include adult and adolescent patients using quetiapine alone or with other substances of abuse</p> <p>Patients should be observed closely for signs of Seroquel / Seroquel XR misuse or abuse (e.g., development of tolerance, increases in dose, drug-seeking behavior), particularly if they have a history of alcohol or drug abuse.</p>
<p>Lurasidone / Latuda</p>  <p>Lexicomp patient hand out</p>	<p>Prescribed to children and adolescents to decrease symptoms of severe aggression, agitation, or hyperactivity.</p> <p>Lurasidone is touted for significant mood stabilization properties.</p>	<p>≥10 years of age and Adolescents:</p> <p>Initial: 20 mg once daily; may increase dose after 1 week based on response and tolerability;</p> <p>Maximum recommended dose: 80 mg/day</p>	<p>Lurasidone is known to have much lower adverse effects that contribute to metabolic syndrome versus other atypical antipsychotics.</p> <p>Avoid tasks or actions that call for alertness until you see how this drug affects your child.</p> <p>To lower the chance of feeling dizzy or passing out, have your child rise slowly if your child has been</p>

			<p>sitting or lying down. Have your child be careful going up and down stair.</p> <p>High blood sugar or diabetes, high cholesterol, and weight gain have happened with drugs like this one. Talk with the doctor.</p> <p>Have your child be careful in hot weather or while your child is being active. Have your child drink lots of fluids to stop fluid loss.</p> <p>Dizziness, sleepiness, and feeling less stable may happen with this drug</p>
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Traditional Antipsychotics

Sometimes, traditional antipsychotics may be prescribed for their potent effects on managing very overt aggression. They can be prescribed for regular ongoing administration or as emergent medications as needed for crisis situations. This group can induce more neurological side effects called Extrapyramidal Side Effects (EPS) so usually the benefit of safety is weighed with how well such adverse effects can be safely managed.

Medication	Purpose	Dose	Specific Considerations
<p>Neuleptil / Periciazine</p>  <p>Lexicomp patient hand out</p>	<p>Traditional antipsychotic that is indicated for psychosis, impulsivity, and aggression. Given at bedtime, the medication can help settle the child for sleep.</p> <p>Its active ingredient, Periciazine, is an adjunctive medication, for the control of residual prevailing hostility, impulsiveness and aggressiveness.</p>	<p>A Lexicomp drug database check indicates:</p> <p>Psychosis: Children ≥ 5 years and Adolescents:</p> <p>Oral: Initial: 2.5 to 10 mg in the morning, followed by 5 to 30 mg in the evening.</p> <p>In general, lower dosage should be used on initiation and gradually increased based on effect and tolerance.</p>	<p>Can cause sedation, low blood pressure, and seizures.</p> <p>Ensure healthy diet and regular exercise to counter potential weight gain</p>
<p>Chlorpromazine</p>  <p>Lexicomp patient hand out</p>	<p>A traditional first generation antipsychotic that can help reduce disruptive behaviors. Has mood stabilization properties for manic episodes.</p>	<p>A Lexicomp drug database check indicates</p> <p>Children can be prescribed a daily dose ranging from 50 to 500 mg /day depending on severity of behavior.</p>	<p>Ensure healthy diet and regular exercise to counter potential weight gain</p> <p>Can cause sedation, low blood pressure, and seizures.</p> <p>Please monitor for falls risk and ensure safety after administration.</p>

<p>Methotrimeprazine / Nozinan</p>  <p>Lexicomp patient hand out</p>	<p>A low potency traditional first generation antipsychotic that is indicated for managing psychotic symptoms, aggression, and disruptive behaviors.</p> <p>A history of extreme moods plus psychotic symptoms (hallucinations predominantly) with many symptoms being resistant, hence the use of an older antipsychotic such as nozinan may be warranted.</p>	<p>For psychotic symptoms that may arise out of bipolar disorder in an adult, initial dosing can start at 50 to 75 mg/day in 2 or 3 divided doses; may titrate to effect.</p> <p>Patients requiring higher initial doses can go up to 100 to 200 mg/day in divided doses.</p>	<p>Ensure healthy diet and regular exercise to counter potential weight gain</p> <p>Side effects include sedation, low blood pressure, dry mouth, and seizures.</p> <p>Please monitor for falls risk and ensure safety after administration.</p>
<p>Zuclopentixol / Clopixol</p>  <p>Lexicomp patient hand out</p>	<p>A traditional low potency antipsychotic that can alleviate psychotic symptoms and agitation.</p> <p>Commonly applied on PRN basis as injectable to manage acute episodes of aggression.</p> <p>Clopixol-Acuphase is intended for the</p>	<p>As per Compendium of Pharmaceuticals and Specialities (2015):</p> <p>Recommended dose and dosage adjustment:</p> <p>Clopixol Tablets: For acute psychosis, the usual starting dose is 10-50mg/day, which may be increased by 10-20mg every 2-3 days, according to the patient's response.</p>	<p>Common side effects include:</p> <p>Sedation --- monitor for falls risk, especially at onset of administration as the body gets used to the medication</p> <p>While Clopixol is considered as agent of choice due to fewer neurological side effects, do continue to monitor</p>

	<p>initial treatment of acute psychotic episodes or exacerbation.</p>	<p>The usual therapeutic range is 20mg to 60 mg daily.</p> <p>Pediatrics (<18 years): the safety and efficacy of Clopixol in children under the age of 18 years have not been established, therefore its use is not recommended.</p> <p>Clopixol tablets: dosage should be individualized according to the patient's conditions. In general, small doses should be used initially and increased until an optimal response is obtained.</p>	<p>for extrapyramidal side effects (EPS).</p> <p>It would be ideal to have an anticholinergic agent on hand such as Benztropine/Cogentin to administer prophylactically or on PRN basis to counter said neurological side effects.</p>
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Regular Monitoring of Bloodwork, Weight, BMI Important with Antipsychotic Medicine

- There are concerns with rapid weight gain and increased appetite with use of antipsychotics. Regular monitoring of bloodwork, BMI, weight for antipsychotic use is encouraged. This can be achieved through prescribing doctor or GP clinic visits.
- Neurovitals and regular blood work would be good practice to ensure progress of treatment and safety. CAMESA monitoring schedules are GUIDELINES that encourage an ideal practice to strive towards. In real life clinical practice, clinics will be incorporating little to partial number of the suggestions outlined by CAMESA.
- <http://comesguideline.org/about-the-guidelines>

Monitor for Extrapyramidal Side Effects (EPS) as outlined below

- Muscle rigidity or sustained contractions in face or neck
- Repetitive movements or abnormal posturing
- Protrusion of tongue
- Eye rolling upwards
- tremors
- Intense motor restlessness that includes pacing, rocking, foot shifting
- pseudo parkinsonism

Sleep Aides

There are a few agents here that are prescribed to help with sleep induction and maintenance. Usually, Melatonin and/or Clonidine would be trialed first to see if a young person responds positively. If not, then Trazodone may be considered at doses up to 175 mg in the evening.

Ambien and Zopiclone are hypnotics that would only be considered carefully due to concerns around abuse and street diversion.

- Melatonin
- Trazodone / Desyrel
- Ambien/Zolpidem
- Imovane/Zopiclone

Sleep Aides			
Medication	Purpose	Dose	Specific Considerations
<p>Melatonin</p>  <p>Lexicomp patient hand out</p>	<p>An over the counter to help induce sleep</p> <p>A large amount of clinical trial data exists to support melatonin's role in reducing sleep onset latency in many sleep-related disorders in both adults and children. Evidence is less clear for improvements in sleep duration or quality.</p>	<p>A Lexicomp drug database check indicates:</p> <p>2 mg to 5 mg have been given to children.</p>	<p>Ensure that this medication is prescribed by a medical professional</p>
<p>Trazodone / Desyrel</p>  <p>Lexicomp patient hand out</p>	<p>Is an antidepressant used to help induce sleep at doses under 150 mg.</p> <p>It has been used in the pediatric population for adjunctive management of insomnia and night terrors or behavior disturbances associated with other psychiatric or neurological disorders</p>	<p>A Lexicomp database check indicates:</p> <p>Children 6 to 12 years old, max dosing 6mg/kg/day over 3 divided doses</p> <p>Adolescents can have up to 100 to 150 mg daily in divided doses</p>	<p>Monitor therapy by watching for adverse side effects, mood and activity level changes</p> <p>This medication should not be stopped suddenly due of risk of precipitating withdrawal reactions</p> <p>Use caution with activities requiring mental alertness until response to the drug has been determined.</p>
<p>Ambien/Zolpidem</p>	<p>Hypnotic non benzodiazepine sleep induction medication</p>	<p>Lexicomp Drug database check:</p>	<p>Potential for misuse, abuse, tolerance, and/or physical dependence</p>

 <p>Lexicomp patient hand out</p>		<p>Suggested max dosing of up to 10 mg for males.</p>	<p>Common Side Effects: Dizziness, fatigue, headache, nausea, or diarrhea.</p> <p>Have patient report immediately to prescriber signs of depression (suicidal ideation, anxiety, emotional instability, or confusion), difficulty swallowing, difficulty breathing, slow breathing, shallow breathing, confusion.</p>
<p>Imovane/Zopiclone</p>  <p>Lexicomp patient hand out</p>	<p>Hypnotic agent that helps with sleep induction</p>	<p>As per Lexicomp: Oral: Initial: 3.75 mg once daily at bedtime; may increase to 5 mg and then to 7.5 mg once daily if necessary (maximum: 7.5 mg/day)</p>	<p>If you are taking this drug with an opioid drug, get medical help right away if you feel very sleepy or dizzy; if you have slow, shallow, or trouble breathing; or if you pass out.</p> <p>Caregivers or others need to get medical help right away if the patient does not respond, does not answer or react like normal, or will not wake up.</p>

			<p>When sleep drugs are used nightly for more than a few weeks, they may not work as well to help sleep problems. This is known as tolerance. Only use sleep drugs for a short time. If sleep problems last, call the doctor. Avoid driving and doing other tasks or actions that call for you to be alert after you take this drug. You may still feel sleepy the day after you take this drug. Avoid these tasks or actions until you feel fully awake.</p> <p>Wait at least 12 hours after taking your dose to drive or do other tasks or actions that call for you to be alert, even if you feel fully awake. Talk with your doctor.</p> <p>Avoid alcohol while taking this drug. Do not take this drug if you drank alcohol that evening or before bed.</p>
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Sleep Diary

A two-week sleep diary can be used by caregivers to record sleep patterns which can be submitted to a medical professional to further assess whether medications for sleep induction are warranted. Also, it can be helpful to track if sleep induction and maintenance are working once the child has commenced on sleep medication.

1. Mark time child gets into bed with a down arrow ↓
2. Mark time child gets out of bed with an up arrow ↑
3. Shade in periods when child is asleep
4. Mark W if child was awakened by parent or alarm, or S if child awakened by self

<https://www.brightfutures.org/mentalhealth/pdf/families/ec/diary.pdf>

Medications that may be prescribed to manage symptoms of Psychological Trauma

These medications are used “off-label” to treat children and adolescents who have experienced complex developmental trauma.

Many symptoms of trauma and stressor-related disorders looks like symptoms of other disorders; therefore healthcare providers will properly consider trauma background when prescribing medications.

Medications can help the child feel calmer, more in control and ready to apply strategies the child is learning in therapy.

Medication is not a “standalone” treatment; it’s commonly considers as part of a two-prong approach, with psychotherapy as a necessary component

Commonly an ADHD medication and SSRI are combined for a synergistic effect to enhance emotional regulation and the fight or flight response often seen in those experiencing psychological trauma.

Medication	Purpose	Dose	Specific Consideration
<p>Guanfacine / Intuniv XR</p>  <p>Kelty Mental Health pdf</p>  <p>Lexicomp patient hand out</p>	<p>An alpha₂-adrenergic agonist that is used as blood pressure medication for adults.</p> <p>It also treats hyperactivity, impulsivity, and disruptive behaviors associated with ADHD and autism related irritability for children. It is long acting with a spread of up to 16 hours to 24 hours.</p> <p>Can help diminish tics.</p> <p>Intended to diminish the physiologic symptoms of hyperarousal immediately</p>	<p>As per CADDRA:</p> <p>Monotherapy:</p> <ul style="list-style-type: none"> 6-12 years = 4 mg, 13-17 years = 7 mg <p>As adjunctive therapy to psychostimulants</p> <ul style="list-style-type: none"> 6-17 years = 4 mg <p>It is approved by Health Canada to treat attention deficit/hyperactivity disorder (AD/HD) in children 6-17 years of age.</p> <p>The safety and efficacy of Intuniv XR in children less than 6 years of age have not been studied.</p>	<p>Potential sedation that can pose falls risk and induce a flat affect. Monitor for safety.</p> <p>Because this medication can lower blood pressure, the child should be monitored for the following side effects when started on medication:</p> <ul style="list-style-type: none"> Dizziness or passing out. Slow heartbeat. A heartbeat that feels irregular and out of sync

	<p>following or during a traumatic event</p> <p>Improves arousal, hyperactivity, inattention, and immature behavior</p> <p>Reported beneficial in decreasing nightmares in PTSD</p>		<ul style="list-style-type: none"> Feeling very sleepy, falling asleep in class <p>These symptoms should subside as the child body beings to tolerate the medication.</p> <p>Young person should remain well hydrated with water to minimize headaches and dizziness caused by lowered blood pressure.</p> <p>Take the child to emergency if you feel there is a medical emergency.</p>
<p>ReVia / Naltrexone</p>  <p>Lexicomp patient hand out</p>	<p>Is an opioid antagonist</p> <p>Has been used off-label to treat</p> <p>Dissociative phenomena, including flashbacks, are common in patients with borderline personality disorder and posttraumatic stress disorder (PTSD)</p>	<p>Dosing as per Physician</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p>	<p>Please ensure that this is monitored by a consistent medical professional.</p> <p>Please ensure that consistent dispensing pharmacy is made aware of this medication for their records in order to maintain accurate records and be able to check for potential interactions with prescribed medications.</p>
<p>Prazosin / Minipress</p>	<p>PTSD-related nightmares and sleep disruption (off-label use)</p>	<p>A Lexicomp database check indicates dosing for adults:</p>	<p>Tell all of your child's health care providers that your child is taking this drug.</p>

 <p>Lexicomp patient hand out</p>	<p>Prazosin is a α1 adrenoceptor antagonist; it is non-sedating and blocks excessive responsiveness to norepinephrine stimulation at postsynaptic α1 adrenergic receptor.</p>	<p>Usual dose range: 3 to 15 mg at bedtime (APA [Benedek 2009])</p>	<p>Have your child avoid tasks or actions that call for alertness until you see how this drug affects your child.</p> <p>To lower the chance of feeling dizzy or passing out, have your child rise slowly if your child has been sitting or lying down.</p> <p>Have your child's blood pressure checked as directed by your child's healthcare professional</p> <p>The "off-label" use of this medication is at the careful discretion of a consistent prescribing doctor who will monitor and overlook medication.</p>
<p>Selective Serotonin Reuptake Inhibitors (SSRI)</p>  <p>Paroxetine/Paxil Lexicomp patient hand out</p>	<p>A selective serotonin reuptake inhibitor (SSRI) antidepressant which is commonly prescribed for youth to help manage symptoms related to anxiety, OCD, PTSD and depression.</p> <p>Paroxetine (Paxil) is approved by the Food and Drug Administration (FDA)</p>	<p>Dosing as per Physician</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p>	<p>u</p>

 <p>Sertraline/Zoloft Lexicomp patient hand out</p>  <p>SSRI Antidepressant Kelty Mental Health patient hand out</p>	<p>for PTSD treatment in adults.</p> <p>SSRI medications Sertraline (Zoloft) is approved by the Food and Drug Administration (FDA) for PTSD treatment in adults</p>		
<p>Atypical Antipsychotics</p>  <p>Risperdal/Risperidone Lexicomp patient hand out</p>  <p>Seroquel/Quetiapine Lexicomp patient hand out</p>	<p>Second generation antipsychotic are indicated for regulating mood and reducing disruptive behaviors.</p> <p>Many, but not all, atypical have been found to improve cognitive function, which could be their most important advantage with regard to efficacy over other antipsychotic agents</p>	<p>Dosing as per Physician</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p>	<p>Children and adolescents may be more sensitive to adverse side effects</p> <p>Weight gain may occur in some patients receiving antipsychotics; proper diet, exercise and avoidance of calorie-laden beverages is important</p> <p>Monitor height, weight, waist circumference, and body mass index during course of treatment</p>

 <p>Abilify/Paliperidone Lexicomp patient hand out</p>  <p>Latuda/Lurasidone Lexicomp patient hand out</p>			<p>Monitor for extra pyramidal side effects (EPS)</p> <p>Canadian labelling does not approve use with pediatric patients under 18 years of age.</p> <p>The off-label use of this medication is at the careful discretion of a stable prescribing doctor who will monitor and overlook medication</p>
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Antihistamines, Bowels, Respiratory, and Vitamins

We have included non-psychotropic medications that we have seen commonly prescribed for your population of young people. We have included them for your convenience to look up should they get prescribed.

These medicines manage respiratory, bowels, and health maintenance.

Respiratory issues such as asthma are co-morbid medical conditions that compliment adverse childhood events. Bowel medicines may be needed to help with constipation that occurs with consumption of psychotropic medication, especially antipsychotics. Vitamins are commonly prescribed due to concerns of malnutrition and neglect. Proton pump inhibitor such as Lansoprazole is often prescribed for acid reflux or heartburn, common ailments for children who have over-active fight or flight responses due to trauma.

Bronchodilator & Respiratory Medicine

- Salbutamol / Albuterol
- Flovent / Fluticasone
- Alvesco / Ciclesonide
- Beclomethason Dipropionate / QVAR
- Salbutamol / Ventolin, Airomir
- Singular / Montelukast

Bowel Routine

- PEG 3350 / Restorolax or Lax-a-Day
- Benefibre® powder

Vitamins

- Vitamin D
- Multi-Vitamin
- Vitamin b12
- Omega-3 Fatty Acids
- Iron, Ferrous Gluconate

Proton Pump Inhibitor

- Lansoprazole / Prevacid

Bronchodilators and Other Respiratory Agents			
Medication	Purpose	Dose	Specific Considerations
Salbutamol / Albuterol	<p>It is used to open the airways in lung diseases where spasm may cause breathing problems</p> <p>It is used to prevent exercise-induced breathing problems.</p>	<p>A Lexicomp drug database check indicates:</p> <p>For Asthma maintenance therapy (non-acute) 2 puffs every 4 to 6 hours as needed have been given to children</p>	<p>Do not give more of this drug or have your child use it more often than you were told by the doctor</p> <p>If your child is using more than 1 puffer (inhaler), ask the doctor which puffer to use first</p> <p>Give this drug as ordered by your child's doctor. Read all information given to you.</p> <p>Shake puffer (inhaler) well before use.</p> <p>A spacer may be used with the puffer (inhaler) for easy use.</p> <p>Learn how to use inhalers/puffers properly by watching tutorial videos at: https://sk.lung.ca/lung-diseases/inhalers.</p> <p>Click on the corresponding inhaler device image or its name to watch the tutorial video</p> <p>For recommendations for the diagnosis and management of Asthma from the Canadian Thoracic Society, please visit http://www.respiratoryguidelines.ca/.</p>
Flovent / Fluticasone	<p>It is used to treat asthma and is a steroid.</p> <p>It prevents the release of substances in the body that cause inflammation</p>	<p>A lexicomp drug database check indicates:</p> <p>National Asthma Education and Prevention Program Guidelines (NAEPP 2007) indicate that</p>	<p>Call the doctor right away if your child has breathing problems that get worse, if the rescue inhaler does not work as well, or if your child needs to use the rescue inhaler more often</p> <p>If your child is using more than 1 puffer (inhaler), ask the doctor which puffer to use first</p> <p>It may take a few weeks to see the full effect</p>

		<p>Children 5 to 11 years:</p> <p>"Medium" dose: >200 to 400 mcg/day can be given to children 5 to 11 years of age.</p>	<p>To gain the most benefit, do not miss giving your child doses.</p> <p>To reduce the chance of developing a yeast infection in your child's mouth, rinse with water after use, do not let your child swallow the rinse water - spit it out.</p> <p>Maintain dental hygiene, this medicine can cause cavities or tooth discoloration.</p> <p>Learn how to use inhalers/puffers properly by watching tutorial videos at:</p> <p>https://sk.lung.ca/lung-diseases/inhalers.</p> <p>Click on the corresponding inhaler device image or its name to watch the tutorial video</p> <p>For recommendations for the diagnosis and management of Asthma from the Canadian Thoracic Society, please visit http://www.respiratoryguidelines.ca/.</p>
<p>Alvesco / Ciclesonide</p>	<p>It is an inhaled corticosteroid used to treat asthma.</p>	<p>A Lexicomp drug database check indicates:</p> <p>Children ≥ 12 years and Adolescents have a dosing range of:</p> <p>"Low" dose: 80 to 160 mcg/day</p> <p>"Medium" dose: >160 to 320 mcg/day</p>	<p>Do not give this drug to treat an asthma attack. Use a rescue inhaler.</p> <p>Call the doctor right away if your child has breathing problems that get worse, if the rescue inhaler does not work as well, or if your child needs to use the rescue inhaler more often.</p> <p>It may take 1 month to see the full effect.</p> <p>To gain the most benefit, do not miss giving your child doses.</p> <p>Keep giving this drug to your child as you have been told by your child's doctor, even if your child feels well.</p> <p>Remove mouthpiece cover, place inhaler in mouth, close lips around</p>

		<p>"High" dose: >320 mcg/day</p>	<p>mouthpiece, and inhale slowly and deeply.</p> <p>Press down on top of inhaler after slow inhalation has begun. Remove inhaler while holding breath for approximately 10 seconds. Breathe out slowly and replace mouthpiece on inhaler.</p> <p>Rinse mouth with water (and spit out) after use to reduce incidence of oral thrush.</p> <p>Learn how to use inhalers/puffers properly by watching tutorial videos at: https://sk.lung.ca/lung-diseases/inhalers.</p> <p>Click on the corresponding inhaler device image or its name to watch the tutorial video</p> <p>For recommendations for the diagnosis and management of Asthma from the Canadian Thoracic Society, please visit http://www.respiratoryguidelines.ca/.</p>
<p>Beclomethason Dipropionate / QVAR</p>	<p>As per Compendium of Pharmaceuticals and Specialties (2015): Asthma: - prophylactic management of corticosteroid-responsive bronchial asthma</p>	<p>As Per CPS (2015): Children 5 -11 years of age: 50-100 mcg up to twice a day. Children ≥12 50-400 mcg up to twice a day</p>	<p>Call the doctor right away if your child has breathing problems that get worse, if the rescue inhaler does not work as well, or if your child needs to use the rescue inhaler more often</p> <p>If your child is using more than 1 puffer (inhaler), ask the doctor which puffer to use first</p> <p>Benefits are usually seen in a few weeks, with most benefit seen within several months.</p> <p>To reduce the chance of developing a yeast infection in your child's mouth, rinse with water after use, do not let your child swallow the rinse water - spit it out.</p>

			<p>This medication will not treat an asthma attack that has already begun.</p> <p>Learn how to use inhalers/puffers properly by watching tutorial videos at: https://sk.lung.ca/lung-diseases/inhalers.</p> <p>Click on the corresponding inhaler device image or its name to watch the tutorial video</p> <p>For recommendations for the diagnosis and management of Asthma from the Canadian Thoracic Society, please visit http://www.respiratoryguidelines.ca/.</p>
<p>Salbutamol / Ventolin, Airomir</p>	<p>It is used to open the airways in lung diseases where spasm may cause breathing problems</p> <p>It is used to prevent exercise-induced breathing problems.</p>	<p>A Lexicomp drug database check indicates:</p> <p>For Asthma maintenance therapy (non-acute) 90 mcg/puff: 2 puffs every 4 to 6 hours as needed have been given to Children ≥ 4 years and Adolescents.</p>	<p>Do not give more of this drug or have your child use it more often than you were told by the doctor</p> <p>If your child is using more than 1 puffer (inhaler), ask the doctor which puffer to use first</p> <p>Give this drug as ordered by your child's doctor. Read all information given to you.</p> <p>Shake puffer (inhaler) well before use.</p> <p>You will need to prime the puffer (inhaler) before first use. You will also need to prime the puffer (inhaler) if it has not been used for some time.</p> <p>Be sure you know when you need to prime the puffer (inhaler) and how to do it. Talk with your doctor or pharmacist if you have questions.</p> <p>Some puffers (inhalers) need to be primed if dropped. Ask your doctor or pharmacist if you are not sure.</p> <p>A spacer may be used with the puffer (inhaler) for easy use.</p> <p>Put the cap back on after your child is done using a dose</p>

			<p>Learn how to use inhalers/puffers properly by watching tutorial videos at: https://sk.lung.ca/lung-diseases/inhalers.</p> <p>Click on the corresponding inhaler device image or its name to watch the tutorial video</p> <p>For recommendations for the diagnosis and management of Asthma from the Canadian Thoracic Society, please visit http://www.respiratoryguidelines.ca/.</p>
<p>Singular / Montelukast</p>	<p>Montelukast is used regularly to prevent the wheezing and shortness of breath caused by asthma and decrease the number of asthma attacks. Montelukast is also used before exercise to prevent breathing problems during exercise (bronchospasm). This medication can help decrease the number of times you need to use your rescue inhale</p>	<p>A Lexicomp drug database check indicates: For 6 to 14 years old, 5 mg is a suggested dose for management of asthmatic, allergic rhinitus.</p>	<p>This medication does not provide quick relief for emergent episodes of shortness of breath. Continue to carry inhalers for breakthrough or persistent asthma or breathing problems.</p> <p>Compliance is crucial for therapeutic build up within the body. It does not work right away.</p> <p>Take this medication at the same time each day.</p> <p>Take the dose at least two hours prior to exercise.</p> <p>The prescribing doctor should be consulted for discontinuation of the medication.</p> <p>Learn how to use inhalers/puffers properly by watching tutorial videos at: https://sk.lung.ca/lung-diseases/inhalers.</p> <p>Click on the corresponding inhaler device image or its name to watch the tutorial video</p> <p>For recommendations for the diagnosis and management of Asthma from the Canadian Thoracic Society,</p>

			please visit http://www.respiratoryguidelines.ca/ .
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Bowels			
Antidiarrheals and Laxatives			
Medication	Purpose	Dose	Specific Considerations
PEG 3350 / Restorolax or Lax-a-Day	It is used to treat hard stools (constipation)	A Lexicomp drug database check indicates: Infants, Children, and Adolescents <17 years: can have a maximum daily dose of 17 g/day	Mix in 1/2 to 1 cup (120 to 240 ml) of liquid like water, juice, soda, coffee, or tea and have your child drink it right away It may take a few days to see the full effect Patient may experience flatulence. Report immediately to prescriber severe dizziness, passing out, severe nausea, severe vomiting, severe abdominal pain, severe abdominal cramps, severe bloating, severe diarrhea, rectal bleeding, or rectal pain
Benefibre® powder	Benefibre® is a taste-free, all-natural soluble fibre powder you can add to beverages and soft food.	The recommended daily value of fibre for Canadians is 25 - 35 grams of dietary fibre each day Suggested Servings: Adults: 1-2 teaspoons up to 2 times daily. Children (6-12 years): Half the adult serving.	The most common side effect of Benefibre® is mild flatulence. Less common side effects can include gastrointestinal pain or discomfort, diarrhea, nausea, and stomach pressure with a sensation of fullness. Consult your doctor for advice if you continue to experience these effects.

			Please ensure that consistent dispensing pharmacy is made aware of this medication for their records in order to maintain accurate records and be able to check for potential interactions with prescribed medications.
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Vitamins and Supplements			
Medication	Purpose	Dose	Specific Considerations
Vitamin D	Babies and children need vitamin D to grow normally and develop healthy bones	The American Academy of Pediatrics recommends 400 units/day of vitamin D in infants and adolescents	Please ensure that consistent dispensing pharmacy is made aware of this medication for their records in order to maintain accurate records and be able to check for potential interactions with prescribed medications.
Multi-Vitamin	Over-the-counter medication for maintenance of good health		Please ensure that this is prescribed and monitored by a consistent medical professional. Please ensure that consistent dispensing pharmacy is made aware of this medication for their records in order to maintain accurate records and be able to check for potential interactions with

			prescribed medications.
Vitamin b12	<p>Oral vitamin B12 is classified by Health Canada as a Natural Health Product. Its recommended use is to prevent vitamin B12 deficiency.</p>	<p>As per Compendium of pharmaceuticals and Specialties (2015):</p> <p>Dosing considerations: confirmatory diagnostic tests should be performed prior to initiation of therapy</p> <p>In the prevention of deficiency of any nutrient, adequate dietary intake is preferred over supplementation whenever possible.</p> <p>Vitamin b12 is found in liver, fish, shellfish, meat, dairy products, fortified cereals and eggs</p>	<p>Please ensure that this is prescribed and monitored by a steady medical professional.</p> <p>Please ensure that consistent dispensing pharmacy is made aware of this medication for their records in order to maintain accurate records and be able to check for potential interactions with prescribed medications.</p>
Omega-3 Fatty Acids	<p>Omega-3 fatty acids, also known as "omega-3 fats", are important nutrients for our health. Omega-3 fats refer to three fats. They are:</p> <ul style="list-style-type: none"> • Alpha-linolenic acid (ALA) • Docosahexaenoic acid (DHA) • Eicosapentaenoic acid (EPA) 	<p>As per Alberta Health Services guidelines:</p> <p>If you are healthy, 200–500 milligrams of DHA and EPA per day is recommended.</p>	<p>Please ensure that this is prescribed and monitored by a consistent medical professional.</p> <p>Please ensure that consistent dispensing pharmacy is made aware of this medication for their records in order to maintain accurate records and be able to check for potential interactions with prescribed medications.</p>
Iron, Ferrous Gluconate	<p>Iron is an important component of a number of enzymes necessary for energy transfer.</p>	<p>As per direction of prescribing physician</p>	<p>To prevent iron deficiency, adequate dietary intake is preferred over</p>

	Health Canada-approved indication: prevention and treatment of iron deficiency anemia		supplementation whenever possible. Food sources include beans, dried fruits, eggs, lean meats, nuts, seafood, spinach, and whole grains. Iron from animal sources are better absorbed than that from plant sources.
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Acid- Controlling Agents			
Medication	Purpose	Dose	Specific Considerations
Lansoprazole / Prevacid	Indicated for treatment of erosive and non-erosive GERD (Gastroesophageal Reflux Disease) in children aged 1 to 17 years.	As per Compendium of Pharmaceuticals and Specialties (2015): Short term treatment of symptomatic GERD: The recommended adult oral dose for the treatment of heartburn and other symptoms associated with GERD is 15mg daily before breakfast for up to 8 weeks. For adolescents of 12 to 17 years, the same approved regimen for adults can be used.	Oral formulation should be taken daily before breakfast and another meal, if taken twice daily.