Medication Optimization: An Emerging Concept

2015 RSVP Recovery Conference

Presenter:
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Introduction

- Background of RSVP
- Background of this presentation
- Disclaimer
Promoting a Recovery Culture

- SAMSHA Consensus Statement (2006)
- Paradigm shift: illness to wellness
- Principles of Recovery
- Cultivation of evidence-based recovery programs
- Three Legs of the Stool
SAMHSA Toolkits

- Integrated Dual Diagnosis Treatment
- Supported Employment
- Illness Management and Recovery
- Consumer Operated Services
- Assertive Community Treatment
Medication treatment is based on active consumer participation, mutual communication, and shared decision-making.
Pause: Role of Medications—Prevailing View

- Basic assumptions
- Chemical imbalance
- Medication Restores Balance (WebMD)
- Medication is like “insulin for diabetes”
“Say, I think I see where we went off. Isn’t eight times seven fifty-six?”
Appeals to Human Nature

- Scientific and medical
- Simple and straightforward
- Quick and easy fixes
- Avoid suffering
- Is de-stigmatizing; no-fault
Expectations Put Upon Prescribers

- Direct-to-Consumer Marketing
- Consumers
- Parents
- Schools
- Criminal Justice
What is paraded as scientific fact is simply the current belief of some scientists. We are accustomed to regard science as truth with a capital “T”. What scientific knowledge is, in fact, is the best available approximation of truth in the judgment of the majority of scientists who work in the particular specialty involved. Truth is not something we possess; it is a goal toward which we hopefully strive... the current opinion of the scientific establishment is only the latest word and never the last.

M. Scott Peck, MD
Author of The Road Less Traveled
Vulnerable Groups

- Elderly
- Children
- Trauma victims
- Long-term use
- Off-label prescribing
Another Perspective

- The cause of mental illness is complex and not fully understood
- Medications have not been shown to correct chemical imbalances
- The action of most psychotropic medication is unknown
- Medications have both desired (therapeutic) and undesired (side) effects
- Medications should be used selectively and cautiously
Oregon Symposium

- 53 Participants
- Objectives: four papers
- Future plans
- October 2011: Children
Medication Optimization Principles

- Delayed introduction
- Minimal dose
“Could we up the dosage? I still have feelings.”
Medication Optimization Principles

- Delayed introduction
- Minimal dose
- Avoid multiple medications
...The top prescription is for your arthritis, but it may cause a heart attack. The second prescription should prevent a heart attack, but it could damage your liver. The third should prevent liver trouble, but it may destroy your spleen. The fourth protects the spleen but has been known to eat away the prostate. The fifth......
Medication Optimization Principles

- Delayed introduction
- Minimal dose
- Avoid multiple medications
- Shortest duration possible
- TMAP Flowchart
- Last Stage is Maintenance
- No Exit Strategy!
Principles (Continued)

- Integrated with other interventions and supports (Open Dialog)
- Shared Decision-Making
Challenges

- How much information is enough?
- Sources of Information: Reliability
Consumer Recovery Tools

- WRAP
- Advance Directives
Wellness Focus

- Exercise
- Nutrition
- Social connectedness
- Meaningful activity
Process of Recovery: Components

I. Finding and maintaining hope
   • believing in oneself; having a sense of personal agency; optimistic about the future;

II. Re-establishment of a positive identity
   • finding a new identity which incorporates illness, but retains a core, positive sense of self;
III. Building a meaningful life
   • making sense of illness; finding a meaning in life, despite illness; engaged in life;

IV. Taking responsibility and control
   • feeling in control of illness and in control of life.
Thank You!