

Monitoring Parameters for Behavioral Health Medications

Monitoring Parameters – Second Generation Antipsychotics							
	Baseline	Week 4	Week 8	Week 12	Each visit	Annually	As Clinically Indicated
Personal Family History	✓					✓	
Medication Review	✓					✓	
Fasting Plasma Glucose	✓			✓		✓	✓
Lipid Screening	✓			✓		✓	✓
Blood Pressure/Pulse	✓			✓		✓	✓
Waist circumference	✓			✓		✓	
Weight/BMI	✓	✓	✓	✓	✓	✓	
Tardive Dyskinesia	✓			✓		✓	✓
EPS	✓						✓
Sexual function	✓						✓
Pregnancy status	✓						✓
Prolactin Level (risperidone and conventional agents; or <u>if symptomatic</u>)							✓
Cardiac Monitoring (EKG; thioridazine, ziprasidone, quetiapine)	✓						✓
Ocular Evaluations (chlorpromazine, prochlorperazine, quetiapine)	✓						✓

Monitoring Parameters - Antidepressants				
	Baseline	During dose titration	Annually	As Clinically Indicated
Blood pressure/pulse	✓	✓	✓	✓
Weight/waist circumference	✓		✓	
Cardiac function (TCAs)	✓			✓
Pregnancy status	✓			✓
Suicidal ideation or behavior	✓	✓		✓
Liver function tests (bupropion, Cymbalta, fluvoxamine, MAOIs, nefazodone, mirtazapine, TCAs, venlafaxine)	✓			✓
Renal function (bupropion, MAOIs, mirtazapine, venlafaxine)	✓		✓	
Lipid screening (mirtazapine)	✓			✓
Seizure risk (bupropion, maprotiline)	✓		✓	
Plasma levels (TCAs)				✓
Sexual dysfunction	✓			✓
Medication Review	✓		✓	

Monitoring Parameters – Mood stabilizers							
	Baseline	1 Week	3 Months	6 Months	At Dosage Change	Annually	As Clinically Indicated
General physical assessment (BP, pulse, height, weight)	✓					✓	
Pregnancy status	✓						✓
Suicidal behavior and ideation	✓						✓

Therapeutic Drug Levels – Mood Stabilizers and Anticonvulsants	
Lithium	0.6-1.2 mEq/L
Carbamazepine	4-12 mcg/mL
Valproic acid	50-125 mcg/mL (Steady state: 2-4 days)
Ethosuximide	40-100 mcg/mL
Phenytoin	10-20 mcg/mL
Phenobarbital	10/40 mcg/mL (Steady state: 20-30 days)
Primidone	5-12 mcg/mL

Lithium							
	Baseline	1 Week	3 Months	6 Months	At Dosage Change	Annually	As Clinically Indicated
Plasma level		✓		✓	✓ (5-7 days after dose increase)	✓	✓
CBC	✓					✓	✓
TSH	✓			✓	✓	✓	✓
BUN/CrCl	✓		✓	✓	✓	✓	✓
EKG (if age 40+ or high risk)	✓						✓

Valproic Acid							
	Baseline	1 Week	3 Months	6 Months	At Dosage Change	Annually	As Clinically Indicated
Plasma level		✓			✓	✓	✓
CBC	✓				✓	✓	✓
Liver function tests	✓					✓	✓
Pancreatitis (education about signs and symptoms)	✓						

Carbamazepine							
	Baseline	1 Week	Every 2 weeks	3 months	At Dosage Change	Annually	As Clinically Indicated
Plasma level		✓			✓	✓	✓
Liver function tests	✓					✓	✓
CBC	✓				✓	✓	✓

Lamotrigine							
	Baseline	1 Week	3 Months	6 Months	At Dosage Change	Annually	As Clinically Indicated
BUN/CrCl	✓						✓
Liver function tests	✓						✓
Rash assessment and education	✓						✓

References:

1. American Psychiatric Association Practice Guidelines. Minimum Patient Monitoring Parameters. Updated 6/24/2009.
2. https://www.uptodate.com/contents/second-generation-antipsychotic-medications-pharmacology-administration-and-side-effects?search=monitor%20parameters%20for%20antipsychotics&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1
3. Walkup J et al, *Practice parameter on the Use of Psychotropic Medication in Children and Adolescents*. *American Academy of Child and Adolescent Psychiatry*. *J Am Acad Child Adolesc Psychiatry*, 2009. 48:9: p. 961-973.
4. American Academy of Child and Adolescent Psychiatry. Recommendations about the Use of Psychotropic Medications for Children and Adolescents Involved in Child-Serving Systems. 2015.