February Pharmacy Newsletter

PREFERRED DRUG LIST UPDATES

Integrated (Title 19/21 SMI) and ACC, DD, ALTCS and DCS CHP

Additions:

- Dificid 200 mg tablet (Prior Authorization)
- Dificid 40 mg/mL suspension (Prior Authorization)
- Ethacrynic acid 25 mg tablet
- Fluocinolone acetonide 0.01% otic oil (Quantity Limit, OTC)
- Lactobacillus extra strength capsule (OTC)
- Miconazole nitrate vaginal suppository 1200 mg & 2% cream kit (OTC)
- Phenylephrine 10 mg/dextromethorphan 18 mg/guaifenesin 200 mg per 15mL liquid (Quantity Limit, OTC)
- Pramoxine hydrochloride (perianal) 1% foam (Quantity Limit, OTC)
- Probiotic capsule (OTC)
- Pseudoephedrine 30 mg/dexchlorpheniramine 1 mg/chlophedianol 12.5 mg per 5mL liquid (Quantity Limit, OTC)
- Refresh Relieva 0.5/1% preservative free ophthalmic solution (OTC)
- Sodium fluoride 1.1%/5% gel
- Xifaxan 550 mg tablet (Prior Authorization)

Removals:

- Benzocaine 20 mg/docusate sodium 283 mg rectal enema
- Bisacodyl 10 mg/30mL enema (OTC)
- Brimonidine tartrate 0.2%/timolol 0.5% ophthalmic solution
- Celontin 300 mg capsule
- Colchicine 0.6 mg capsule
- Ibrance 100 mg tablet
- Ibrance 125 mg tablet
- Ibrance 75 mg tablet
- Levofloxacin 0.5% ophthalmic solution
- Magnesium hydroxide concentrate 2400 mg/10 mL
- Naproxen delayed release, enteric coated 500 mg tablet
- Pirfenidone 267 mg capsule
- Potassium citrate 550 mg/sodium citrates 500 mg/citric acid 334 mg per 5mL solution

Other Updates

- Azelastine HCl 0.05% ophthalmic solution (Removed Step Therapy)
- Celecoxib 100 mg capsule (Removed Step Therapy)
- Celecoxib 200 mg capsule (Removed Step Therapy)
- Celecoxib 400 mg capsule (Removed Step Therapy)
- Celecoxib 50 mg capsule (Removed Step Therapy)
- Vancomycin HCl 125 mg capsule (Removed Prior Authorization, Added Quantity Limit)
- Vancomycin HCl 250 mg capsule (Removed Prior Authorization, Added Quantity Limit)

Behavioral Health (Non-Title 19/21)

Additions:	*Removals:*	*Other Updates*
○ None	○ None	○ None

** Drugs that are not on the formulary may be available via PA (prior authorization) **

- For the complete preferred drug lists, please refer to the Mercy Care websites below
  - RBHA: https://www.mercycareaz.org/providers/rbha-forproviders/pharmacy
  - Mercy Care RBHA uses four preferred drug lists, depending on your member's eligibility.
    - **Behavioral Health Preferred Drug List** : For members who qualify under Title 19/21 Non-SMI or as Non-Title 19/21 determined to have a serious mental illness (SMI), or Non-Title 19/21 children with a serious emotional disturbance (SED), Mercy Care RBHA fills only behavioral health medications.
    - **Integrated Preferred Drug List** : For Title 19/21 SMI members, Mercy Care RBHA fills physical health and behavioral health medications.
    - **Crisis Medication List** : For adults or children who are Non-Title 19/21 and Non-SMI who present in crisis at any of the facility-based psychiatric urgent care centers, detox facilities and/or access point in Maricopa, Gila or Pinal counties. The medications on this list will help stabilize an individual in crisis and bridge them to a follow-up outpatient appointment.
    - **Substance Abuse Block Grant Medication List** : For Non-Title 19/21 members with SUDs and primary substance use and misuse.
      - ACC, DD, ALTCS and DCS CHP: https://www.mercycareaz.org/providers/completecare-forproviders/pharmacy

Mental Health and Heart Health Balance

A study in *JAMA Neurology* has found walking about 9,800 steps a day may lower the risk of developing dementia within seven years by 50%. The study also suggests that adults do not need to walk that far to derive protective benefits. Walking approximately 3,800 steps a day may lower the risk of dementia by 25%. In addition, the study found a link between higher intensity walking and lower risk, and that steps taken at peak intensity do not need to be taken all at once to help lower risk.

TikTok's Effect on Child and Adolescent Mental Health

Several states and State attorneys have launched a nationwide investigation into TikTok and possible harmful effects on young users' mental health. Research specific to TikTok is relatively new and continues to come to light. Some research shows that those with attention deficit and difficulties may experience more struggles with social media. Other research has concluded children with complex mental health and environmental stressors, or trauma may experience temporary increases in emotional symptoms after social media platform use. Research is mixed and in very early stages, there are likely positive and negative outcomes resulting from social media use but there is clear cause for concern.

While there are parental controls available, not all parents have the knowledge to protect children from inappropriate content. Not all subjects matter can be filtered properly putting the child at risk for receiving inaccurate information, subjects that are potentially upsetting, harmful, or traumatizing, even with parental monitoring and careful use of the platform.

Based on current research available, there is evidence that adults' lack of understanding and fear are factors when making judgments about the negative impacts of TikTok and other social media platforms. There is also reason for concern given the content available on TikTok, differences in ethics and values surrounding TikTok's content, the pressures children and teens may feel based on TikTok's content, and the possibility of encountering an online predator when using the app. Research has begun to show both risks and positives for youth using TikTok and other social media platforms.

Mental health clinicians should continue to monitor the research on social media use to make accurate recommendations when talking to children, adolescents, and their parents. Assess individual factors, and help families weigh the pros and cons of social media use platforms. Additionally, mental health clinicians should encourage parents to explore parental controls that would be effective and appropriate. Clinicians should encourage families to discuss appropriate monitoring of their child's social media use, based on the family's values and individualized needs.

There is a critical need for ongoing research on the impact of individual social media platforms and content.

FDA Medication Updates

On January 15, 2023, the FDA announced approval of extended-release injectable suspension risperidone (Rykindo; Luye Pharma Group) to treat adults with schizophrenia. The FDA noted Rykindo is approved also as monotherapy or adjunctive therapy for adults with bipolar I disorder. Patients should display tolerability with oral risperidone before trying Rykindo. Rykindo is an intramuscular injection given every 2 weeks. Please note, Rykindo is non-preferred per AHCCCS.

How is Rykindo different than Risperdal Consta? Both are intramuscular (IM) injections administered every 2 weeks. Rykindo was developed on a microsphere technology platform which allows the injection to start working faster than Risperdal Consta. Risperdal Consta requires an oral dosing overlap of 3 weeks while Rykindo only requires 7 days of overlap.

Reminder for quicker determinations of a Prior Authorization use the ePA link for Our Providers: Please click here to initiate an electronic prior authorization (ePA) request

References:

1. https://jamanetwork.com/journals/jamaneurology/fullarticle/2795819
2. https://ktla.com/news/california/california-among-states-launching-probe-into-tiktoks-effect-on-kids-health/
3. https://www.psychiatrictimes.com/view/concerning-content-tiktoks-effect-on-child-and-adolescent-mental-health
4. https://www.pharmaceutical-technology.com/news/fda-schizophrenia-treatment-rykindo/

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