

Topics for Discussion with Youth and Families When Obtaining Consent for Treatment with Psychiatric Medication

Potential Benefits

- Evidence supporting short-term efficacy
- Evidence supporting short-term effectiveness
- Evidence supporting long-term effectiveness

Potential Risks

Side effects

- Mild (nuisance): dry mouth, transient nausea
- Moderate (requires dose change): sedation
- Severe (requires stopping drug): chronically prolonged QTc, major weight gain
- Serious (reportable to FDA): death, permanent impairment, hospitalization

Potential long-term side effects (examples below)

- Stimulants: growth retardation
- Second generation antipsychotics: weight gain, insulin resistance (diabetes mellitus), hyperlipidemia
- Lithium: decreased kidney function

Risk of not prescribing (emotional, academic, interpersonal, etc.)

Other Issues

Parental preferences

Convenience (and compliance)

- Dosing (once daily preferred)
- Laboratory monitoring (venipuncture)

Drug-drug interactions

- cP450
- Other

Your Informed Professional Opinion

- Taking into consideration all of the above, what do you recommend? Why?
- Remember, initial decision is about *short-term benefits and risks only*
- If short-term benefit/risk is favorable, then consider potential long-term side effects