



# Defense Health Board

## Psychotropic Medication Work Group Complementary and Alternative Medicine Work Group Updates

Michael Parkinson, MD, MPH  
Chair, Complementary and Alternative Medicine Work Group  
Joseph Silva, MD  
Chair, Psychotropic Medication Work Group  
Defense Health Board Meeting  
1 November 2010



## Question to the Board

- Request guidance for prescribing and the proper use of psychiatric medications
- Request guidance for use of complementary and alternative medicine (CAM) treatments



## Current Membership

- Dr. Michael Parkinson
- Dr. Joseph Silva
- Dr. Dennis O'Leary
- Dr. Wayne Lednar
- Dr. Charles Fogelman
- Dr. Nancy Dickey
- Dr. Kurt Kroenke
- Dr. John Krystal
- Dr. Thomas Uhde

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## Recent and Forthcoming Activities

- **21 October 2010:** Organizational Teleconference
- **3 November 2010:** First Meeting
- **31 March 2010:** Final Report and Recommendations  
Due to DoD

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## 3 November 2010 Meeting Agenda Topics

- **Question to the Board: Scope and Priority Areas**
- **Panel Discussion with Service Psychiatrists**
- **Mental Health Advisory Team (MHAT) Data on Medication Use Collected In-Theater**
- **Evidence Base for Medications in Post Traumatic Stress Disorder (PTSD) and Acute Stress Disorder (ASD)**

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## 3 November 2010 Meeting Agenda Topics (Continued)

- **CAM and Mind-Body Integrative Health Skills for Total Force Fitness: An Overview, Its Use, and the Effects on Prevention, Readiness, and Resilience**
- **In-Theater Psychiatric Care**
- **Psychotropic Prescriptions In-Theater: 3.5 Years of Data from the Department of Defense (DoD) Theater Medical Data Store**
- **Work Group Break Out Sessions**

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## Potential Issues and Concerns to be Addressed

- **Define scope of interest** (e.g., in-theater and post-deployment transition)
- **Psychotropic medication and CAM**
  - Definition (accepted interventions)
  - Usage among Service members
  - Availability within the military
- **Food and Drug Administration (FDA)-approved indications for use**

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## Potential Issues and Concerns to be Addressed

- **Military operational needs and requirements**
- **Prescription practices and privileges at military treatment facilities (MTFs)**
- **Evidence-based studies pertaining to psychotropic medication and CAM use and treatment efficacy**
- **Knowledge of side effects**
- **Costs**
- **Patient expectations**

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**Questions?**