Questions to the Board:
Request Guidance for Prescribing and the Proper Use of Psychiatric Medications
Request Guidance for Use of Complementary and Alternative Medical Treatments

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Background

- Psychiatric medications vary widely in safety, addictive properties, interactivity, and overall impact
- Recent media attention and anecdotal evidence have highlighted an increased use of psychiatric medications
- The use of complementary and alternative treatments have also drawn questioning attention from the media
- Please provide recommendations for steps we might take in these two areas to ensure health and safety of our warriors
Questions

- What medications are commonly recommended for PTSD and Acute Stress Disorder?
- What psychotropic medications may be safe for a deployed combat environment or other operational environments?
- What medications carry an increased risk for suicidal or violent behavior?
- Should warriors receive talk therapy with prescribed medications?
Questions

- What medications have a potential for abuse?
- What procedures should be in place to ensure off-label prescription medication use is consistent with current standards of practice?
- What policies should be in place to ensure psychiatric medication use does not result in drug seeking and/or drug dependence?
- What are recommendations for psychiatric medication quality improvement?
Questions

- What are recommendations for drug interactions with over the counter medications and dietary supplements?
- What are the best practice standards that can be applied for treatment and prescribing medications for multiple and various symptoms related to the mental health of our warriors?
- How do you recommend best practices be determined?
Questions

- What are the Board’s thoughts and recommendations regarding complementary and alternative medicine (CAM)?
- What level of evidence exists to support CAM?
- Does a threshold for standard of care exist for CAM?
- Advise on if/how Department might extend TRICARE program to cover these benefits
Conclusion

- These two areas cover very important topics in helping the Department provide the best care possible for our Wounded, Ill, and Injured

- Why is this information needed from the Defense Health Board?
  - Having an esteemed body of external health experts weigh in and advise increases credibility

- Two additional points:
  - Encourage the Board to speak with those recently redeployed
  - Encourage the Board to consider similar professions where individuals face danger (police, fireman, etc)

- Would appreciate the Board’s recommendations by March 31, 2011