Defense Health Board
Psychotropic Medication Work Group
Complementary and Alternative Medicine Work Group Updates

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Defense Health Board Meeting
March 8, 2011
LOOKS LIKE YOUR BUS IS ON TIME...
THANKS FOR EVERYTHING, MAN.
TAKE CARE OF YOURSELF, WILL YA, RAY?
I’LL BE OKAY. I GOT MY LITTLE BATTLE BUDS.

WHAT LITTLE BATTLE BUDS?
KLONOPIN, TOPAMAX, PERCOCET, AMBIEN AND VALIUM.

SO BIG PHARMA’S GOT YOUR BACK.
RIGHT. THERE’S SOME OTHERS, BUT I GOT MEMORY ISSUES.
Overview

- Work Group Charge
- Recent Activities
- Forthcoming Activities
- Discussion
Work Group Charge

- Review and provide recommendations on DoD’s use of Complementary and Alternative Medicine (CAM)
- Examine and provide recommendations on prescription practices and use of psychotropic medication in DoD
- Consider issues that would augment and ensure patient safety and quality of care
- Take into account the context of specific military-unique challenges (increased military operational tempo, separations, and deployment stress) that might impact the well-being and psychological health of Service members
Work Group Charge (Continued)

Scope of Interest:

• In-theater, deployed, and operational settings
• Service members engaged in peace-keeping missions, preparing to deploy, or between deployments
• Most common mental health conditions in theater
• Optimal evidence-based therapies for most common in-theater mental health conditions that are viable in theater
• Clinically appropriate deployment-related clinical practice guidelines
• Provider scope of practice: who is providing care and in what context
• **Treatment processes and protocols** used by primary care physicians and psychiatrists **prescribing** medication in theater

• **In-theater availability of medical records** for providers

• **Existing framework** for the **dissemination of knowledge and awareness of deployment-limiting conditions** related to psychological health **in theater**

• **Stigma** and associated challenges related to mental health issues and **deployability**
Recent Activities

• **November 3, 2010:** Meeting of the Psychotropic Medication and CAM Work Groups

• **December 2-3, 2010:** Joint Meeting with the Psychological Health External Advisory Subcommittee

• **February 24-25, 2011:** Joint Meeting with the Psychological Health External Advisory Subcommittee
Recent Activities (Continued)

November 3, 2010: Meeting Briefings

- Mental Health Advisory Team Data on Medication Use Collected In Theater - Dr. Charles Hoge
- Evidence Base for Medications in Post Traumatic Stress Disorder and Acute Stress Disorder - Dr. Charles Hoge
- CAM and Mind-Body Integrative Health Skills for Total Force Fitness: Overview, Use, and Effects on Prevention, Readiness, and Resilience - Dr. Nisha Money
- Panel Discussion with Military Service Psychiatrists
November 3, 2010: Meeting Briefings (Continued)

- **In-Theater Psychiatric Care** - CAPT Robert Koffman
- **Psychotropic Prescriptions In-Theater: 3.5 Years of Data from the DoD Theater Medical Data Store** - CDR Vythilingam
Recent Activities (Continued)

December 2-3, 2010 Joint Meeting Briefings:

- **Department of Defense Pharmacoeconomic Center** - LTC Stacia Spridgen
- **Evidence-Based Use of CAM for Pain Management and Integration of Approaches and Therapies in Patient Care** - Dr. Brian Berman
- **Training, Regulation and Supervision of Corpsmen Who Prescribe Psychotropic Medications** - CAPT Edward Simmer
Recent Activities (Continued)

- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: Initiatives Regarding Deployment Psychological Health Issues and Provider Training - Dr. Mark Bates
- National Center for Complementary And Alternative Medicine: Evidence-Based CAM - Dr. Josephine Briggs
- Army Combat Operational Stress Control Course Curriculum for Psychotropic Medication - Mr. Carl Smith
- In-Theater Psychototropic Medication Use and Military Operational Considerations - Dr. Elspeth Cameron Ritchie
- Army Comprehensive Behavioral Health Initiative - COL Rebecca Porter
Recent Activities (Continued)

February 24-25, 2011 Joint Meeting Briefings:

- Military Health System Psychological Health Portfolio and Psychological Health Outcomes and Measures Working Group - Dr. Michael Dinneen

- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury - Lt Col Christopher Robinson

- Re-Engineering Systems of Primary Care Treatment and Walter Reed Army Medical Center Clinical Activities - COL Charles Engel

- Armed Forces Health Surveillance Center Database - COL Robert DeFraitas
Forthcoming Activities

• The Psychological Health External Advisory Subcommittee is currently addressing the Work Groups’ charge
• Draft report is currently being developed
• Findings and proposed recommendations will be presented to the Board during the June 2011 meeting for deliberation and vote
Discussion