



MINUTES

Utah Department of Health
Pharmacy and Therapeutics Committee

Thursday, August 18th, 2016
7:15 a.m. to 8:45 a.m.
Cannon Health Building
Room 128

Committee Members Present:

Bryan Larson, PharmD
Clinton Sheffield, MD
Clayton Grace, RPh

Jameson Rice, PharmD
Susan Siegfried, MD
Abril Atherton, PharmD

Committee Members Excused:

Keith Tolman, MD

Elizabeth Young, PharmD

Dept. of Health/Div. of Health Care Financing Staff Present:

Alyssa Pitts, RN
Merelynn Berrett, RN
Megan Schlappi, CPhT

Chad Hope, PharmD
Robyn Seely, PharmD
Heather Santacruz, RN

University of Utah Drug Regimen Review Center Staff Present:

Melissa Archer, PharmD

Other Individuals Present:

Joanne LaFleur, U of U COP
Sergio Gonzalez, Takeda
Jeff Nesheim, PharmD, Takeda
Melissa Mutoni, U of U COP
Blake Burton, U of U COP
Krystal Joy, Otsuka
Victoria Martineau, U of U COP

Lori Howarth, Bayer
Paul Williams, Takeda
Chris Stanfield, Supernus
Charissa Anne, J+J
Cody Ball, Select Health
Kristin Pareja, Otsuka

Meeting conducted by: Clinton Sheffield, MD

1. **Welcome & Housekeeping:** Clinton Sheffield opened the meeting and reminded everyone to sign in.
 - a. **P&T Committee By-Laws:** Clinton Sheffield discussed the proposed by-laws for the P&T Committee. The proposed by-laws will be voted on at the next meeting due to board member absences.

2. **Review and Approval of June and July Minutes:** Bryan Larson made a motion to approve the minutes from both the June and July meetings. Clayton Grace seconded the motion. All in favor.

3. **Other Antidepressants/Serotonergic Agents:** Melissa Archer presented a review of Other Antidepressants/Serotonergic Agents. She presented peer-reviewed research regarding the safety and efficacy of each agent, clinical trials, disease-state treatment guidelines and Utah Medicaid utilization data.
4. **Public Comment:**
 - a. Jeff Nesheim, Pharm D- Jeff Nesheim discussed the product Trintellix. He shared with the board the findings from clinical trials, side effects of Trintellix and dosing requirements.
5. **Other State Report:** Bryan Larson reported PDL listings for agents in this class in other States Medicaid programs.
6. **Board Discussion**
 - a. Clinton Sheffield discussed the difficulties of viewing these miscellaneous medications as one class, and suggested discussing each medication individually.
 - b. Chad Hope reminded the board of H.B. 437 and the “Dispense as Written” language.
 - c. Jameson Rice and Susan Siegfroid questioned the high utilization for the medication trazadone, especially in children as trazadone does not have any pediatric indications. Susan Siegfroid noted that if a patient is using trazadone for depression, the dose will be high (around 300mg), but the data showed most claims were for 150mg or less, leading her to believe trazadone was being used off label.
 - d. Susan Siegfroid told the board that lithium is the preferred agent to treat acute mania in patients with bipolar disorder, and should be available in some form to these patients.
 - e. Clinton Sheffield made a motion that at least one formulation of bupropion and at least one formulation of lithium be preferred on the PDL. Bryan Larson seconded. All in favor.
 - f. Bryan Larson made a motion that nefazodone be non-preferred on the PDL due to safety issues and low utilization. Clinton Sheffield seconded. All in favor.
 - g. Susan Siegfroid noted that atomoxetine can be used for patients with ADHD who cannot tolerate or have other conditions that preclude the use of a stimulant.
 - h. Clinton Sheffield made a motion that at least one formulation of atomoxetine be preferred on the PDL. Susan Siegfroid seconded. All in favor.
 - i. Abril Atherton noted how useful the medication mirtazapine is for augmentation therapy and how its sedation properties can be useful to help patients sleep. She also noted that the low rate of sexual dysfunction makes mirtazapine unique.
 - j. Bryan Larson suggested putting the medications bupropion, trazadone, mirtazapine, nefazodone, vilazodone and vortioxetine in an antidepressant miscellaneous class and have at least one of them preferred.
 - k. Bryan Larson made a motion that there be at least three preferred agents on the PDL from the antidepressant miscellaneous class (that class initially consisting of: bupropion, trazadone, mirtazapine, nefazodone, vilazodone and vortioxetine). Clinton Sheffield seconded. All in favor.
7. **Drug Utilization Review (DUR) Board update:** The DUR board met last month to discuss Short Acting opiates. Quantity limits were set for the different medications with

an implementation date of January 2017. The DUR Board will discuss Long Acting opiates at the next meeting.

8. **Meeting Adjourned:** Clinton Sheffield motioned to close the meeting. Clayton Grace seconded. All in Favor.
9. Next meeting is scheduled for September 15th, 2016. Tricyclic Antidepressants (TCAs) and Monoamine Oxidase Inhibitors (MAOIs) will be discussed.

Audio recording of all P&T meetings are available online at:

<https://medicaid.utah.gov/pharmacy/pt-committee?p=Board%20Meeting%20Audio%20Recordings>