



MINUTES

Utah Department of Health
Pharmacy and Therapeutics Committee

Thursday, September 15th, 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

Keith Tolman, MD
Susan Siegfried, MD
Abril Atherton, PharmD

Committee Members Excused:

Jameson Rice, PharmD

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:

Vicki Frydrych, PharmD

Other Individuals Present:

Joseph Rower, Ph.D.
Cody Ball, Select Health

Lori Howarth, Bayer
Joann Brammer, Valley Behavioral Health

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:** The committee members discussed the proposed draft by-laws. Keith Tolman made a motion to approve. Clinton Sheffield seconded. All in favor.
2. **Review and Approval of August Minutes:** Clinton Sheffield made a motion to approve the minutes from August. Bryan Larson seconded. 5 committee members approved. Keith Tolman abstained. Motion passed.
3. **Tricyclic Antidepressants (TCAs):** Vicki Frydrych presented a review of TCAs. 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:** N/A

5. **Other State Report:** N/A

6. **Board Discussion:**

- a. Susan Siegfroid suggested separating out the two amitriptyline combination products (amitriptyline+chlordiazepoxide (Limbitrol) and amitriptyline+perphenazine). She noted that one problem with these medications is that they are at fixed doses, so if a patient needs to raise their dose on one ingredient, they have to raise the dose on the other ingredient.
- b. Keith Tolman made a motion that the TCA combination products (amitriptyline+chlordiazepoxide (Limbitrol) and amitriptyline+perphenazine) specifically be non-preferred on the PDL. Susan Siegfroid seconded. All in favor.
- c. Clinton Sheffield suggested making the rest of the TCAs equally safe and effective for their inclusion on the PDL. Vicky Frydrych suggested preferring the drug clomipramine due to its unique indication for obsessive-compulsive disorder.
- d. Keith Tolman made a motion that all TCAs (excluding the combination products) are equally safe and efficacious for their inclusion on the PDL. Clinton Sheffield seconded. All in favor.

7. **Monoamine Oxidase Inhibitors (MAOIs):** Vicki Frydrych presented a review of MAIOs. She presented peer-reviewed research regarding the safety and efficacy of each agent, clinical trials, disease-state treatment guidelines and Utah Medicaid utilization data.

8. **Public Comment:** N/A

9. **Other State Report:** N/A

10. **Board Discussion**

- a. Bryan Larson informed the committee that there is already a class for Antiparkinson Agents on the PDL, with certain MAOIs already preferred. He asked the committee to focus mainly on depression in their discussion of these medications.
- b. Susan Siegfroid noted that MAOIs are categorized by their chemical structure (either hydrazine or non-hydrazine compounds). She suggested having one medication from each category on the PDL.
- c. Susan Siegfroid discussed the difficulties with prescribing MAOIs. She noted that not a lot of patients are willing to tolerate the side effects and dietary restrictions that go along with taking these medications. She also noted that a psychiatrist is usually involved in the decision of placing a patient on an MAOI.
- d. Keith Tolman made a motion that all MAOIs are equally safe and efficacious for their inclusion on the PDL. Clinton Sheffield seconded. All in favor.

11. **Drug Utilization Review (DUR) Board update:** The DUR board met last month to discuss Long Acting Opiates. Quantity Limits were discussed, but no final decisions or motions were made. The discussion will continue at the next DUR meeting.

12. **Meeting Adjourned:** Keith Tolman motioned to close the meeting. Clinton Sheffield seconded. All in Favor.

13. Next meeting is scheduled for October 20th, 2016. Older Anticonvulsant Agents 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>