MINUTES

Utah Department of Health
Pharmacy and Therapeutics Committee

Thursday, July 21, 2016
7:15 a.m. to 8:45 a.m.
Cannon Health Building
Room 128

Committee Members Present:
Bryan Larson, PharmD
Elizabeth Young, PharmD
Clayton Grace, R.Ph
Keith Tolman, MD
Susan Siegfreid, MD

Committee Members Excused:
Clinton Sheffield, MD
Abril Atherton, PharmD
Jameson Rice, PharmD

Dept. of Health/Div. of Health Care Financing Staff Present:
Alyssa Pitts, RN
Merelynn Berrett, RN
Heather Santacruz, RN
Chad Hope, PharmD
Robyn Seely, PharmD
Megan Schlappi, CPhT

University of Utah Drug Regimen Review Center Staff Present:
Vicki Frydrych, PharmD

Other Individuals Present:
Joanne LaFleur, PharmD, UofU
Sergio Gonzalez, Takeda
Becky Gonzales, ViiV Healthcare
Bob Gustafson, Lundbeck
Michele Puyear, Gilead
Roy Lindfield, Sunovian
Charissa Anne, J+J
Todd Thatcher, Valley Behavioral Health
Paul Williams, Takeda
Chris Stanfield, Supernus
Jean Ritter, Quintiles
Cody Sanders, UUSOM Pediatric Pharmacy
Michelle Bice, Gilead
Cody Ball, Select Health
Tian Yu, UofU

Meeting conducted by: Bryan Larson, PharmD

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1. **Welcome & Housekeeping:** Bryan Larson opened the meeting, confirmed that there was a quorum, and reminded everyone to sign in.
   a. Bryan Larson let the board know that Clinton Sheffield's term as Committee Chair was expiring, and asked the Board if they had any nominations. Beth Johnson nominated Clinton Sheffield to be the board's chairperson for another year. Clayton Grace Seconded. All in Favor.
   b. Bryan Larson asked the board to go over the proposed P&T Committee by-laws. Keith Tolman made a motion to vote on the by-laws at the next meeting to give everyone ample time to look over them. Bryan Larson seconded. All in favor.

2. **Review and Approval of June Minutes:** Bryan Larson made an amendment to the June minutes. The Board will review them at the next meeting.

3. **SSRIs/SNRIs (and similar):** Vicki Frydrych, PharmD presented a review of SSRIs/SNRIs and similar drugs. 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 States Report:** N/A

6. **Board Discussion**

    a. Keith Tolman voiced his concerns with the medication citalopram and the FDAs recent recommended maximum dose reduction. The FDA reduced the recommended maximum citalopram dosage from 40mg to 20mg daily in order to reduce the risk of QTc prolongation.
    b. Susan Siegfreid noted that as far as psychiatric FDA approved indications go for this class, the medications are equally efficacious. With regards to safety, they are very similar, with some medications having higher risks in different adverse event areas than others. She also noted that the risk of QTc prolongation is seen in other agents from this class, not just citalopram.
    c. Elizabeth Young noted the high utilization of citalopram and voiced her concern with making it unavailable to Medicaid recipients.
    d. Keith Tolman expressed that high utilization should not dictate policy. He also expressed that there is no added benefit of prescribing citalopram over another agent.
    e. Keith Tolman made a motion to include two SSRIs and two SNRIs as preferred on the PDL, with at least one tablet, syrup and extended-release formulation in both categories (SSRI and SNRI). Chad Hope explained that this motion may not work, as several of the medications do not come in an extended formulation.
    f. Susan Siegfreid suggested including at least one SSRI, one SNRI, an agent that is either a solution, suspension, or a sprinkle formulation for those who are unable to swallow tablets, and at least one FDA approved medication for pediatric patients.
    g. Keith Tolman made a motion that citalopram be non-preferred on the PDL. Bryan Larson seconded. Clayton Grace and Elizabeth Young opposed. Susan Siegfreid abstained. The motion does not carry.
    h. Keith Tolman made a motion that citalopram 40 mg be non-preferred. Bryan Larson seconded. All in favor.
    i. Keith Tolman made a motion to include at least two SSRIs and two SNRIs as preferred on the PDL, with at least one tablet, two extended release or once a day formulations, a solution, suspension or sprinkle cap formulation for individuals who cannot swallow tablets, and at least one pediatric indicated formulation in both categories (SSRI and SNRI). Elizabeth Young seconded. All in favor.
    j. Keith Tolman made a motion that all agents are equally safe an effective. Elizabeth Young seconded. All in favor.

7. **Meeting Adjourned:** Keith Tolman made a motion to close the meeting. Susan Siegfreid seconded. All in favor.

8. The next meeting is scheduled for August 18, 2016. Other Antidepressants/Serotonergic 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