

MOOD STABILIZERS IN TEENS



The planners and speaker for this presentation have no relevant financial relationships to disclose.

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Since 2014, Jennifer has worked for Acadia Hospital in a variety of pediatric settings, including inpatient, day treatment, and outpatient, with the occasional role of consulting in the Emergency Department at Eastern Maine Medical Center.

Jennifer currently manages the nursing staff within the Pediatric Outpatient Services Medication Management clinic at Acadia, in a hybrid clinical/leadership role. She has worked with a variety of diagnoses including: anxiety disorders, depressive disorders, mood disorders, attention deficit disorders, and autism spectrum disorder.

She enjoys working with patients and their families to enable children to overcome challenges and to be as successful as possible. She strongly feels that in these times, as children's resiliency is tested to the limits, the services that Acadia, and you all in the Pediatrics world provide, are more important than ever.

OBJECTIVES

- To discuss mood stabilizers most commonly used in teens
- To review indications and side effects of mood stabilizers



MOOD STABILIZERS IN TEENS: WHICH ONES DO WE USE?

- Lithium
- Valproic acid (Depakote)
- Lamotrigine (Lamictal)





LITHIUM: WHAT DO WE NEED TO KNOW?

- The original mood stabilizer
- Exact mechanism of action is not known, but it alters sodium transport and the metabolism of norepinephrine, serotonin, and dopamine
- Used in mood dysregulation disorders and as an adjunct for treatment-resistant depression in teens
- Potentially dangerous drug with potential for toxicity due to narrow therapeutic index
- Requires lab monitoring
- Many drug-drug interactions
- Side effects
- Off-label for pediatric use



DEPAKOTE: WHAT DO WE NEED TO KNOW?

- Anti-convulsant medication that is used off-label for teens to address mood instability, anger, aggression, and explosivity
- Exact mechanism of action is not known, but it blocks sodium channels and affects the concentration of glutamate and GABA
- Routine lab work
- Special populations
- Side effects



LAMICTAL: WHAT DO WE NEED TO KNOW?

- Newest of these 3 mood stabilizers
- Anti-convulsant medication that is used off-label in teens for irritability, mood lability, and as an adjunct for depression
- Also works on sodium channels
- No lab monitoring required, which can make this more attractive to teens
- Side effects
- Slow titration
- Drug interaction with Depakote, so if on these concurrently, the Lamictal dose should be reduced by 50% due to decreased metabolism.

Thank you!

QUESTIONS?

