

Discharge Medicines Service (DMS) in Mental Health Trusts

Educational Resources for Community Pharmacy Professionals

(July 2021. Version 2.0)

1. Introduction to mental health and therapeutics

- a) **Information on each drug and printable Patient-Information-Leaflets**
<https://www.choiceandmedication.org/cambridgeshire-and-peterborough/>
- b) Choice and Medication© Leaflets are designed to help service users, carers and family members understand their medicines better, and to make more informed decisions, best as part of a discussion with a healthcare professional.
- c) **Consulting with people with mental health problems- CPPE e-learning**
- d) **Supporting people that feel suicidal- MIND.** You can download a pdf copy of this booklet and save it to refer to.
- e) **e-Learning for Healthcare. Suicide Prevention** – We need to talk about suicide e-learning programme. www.e-lfh.org.uk/programmes/suicide-prevention/ (Links to an external site.)
Positive Cardiometabolic Health Resource An intervention framework for people experiencing psychosis and schizophrenia.

Introduction

[Handy book on medicines used for mental health and how they work](#)

[Section 1 - Introduction](#)

The brain, brain cells, synapses, and transmitters

[Section 2 - ADHD](#)

Methylphenidate, lisdexamfetamine, dexamfetamine, atomoxetine.

[Section 2 - Anxiety](#)

e.g., lorazepam, diazepam, chlordiazepoxide, oxazepam, SSRIs, venlafaxine, duloxetine, pregabalin, buspirone

[Section 2 - Bipolar mood disorder](#)

e.g., lithium, carbamazepine, sodium valproate/valproic acid/semisodium valproate, lamotrigine, quetiapine, olanzapine

[Section 2 - Dementia and Alzheimer's Disease](#)

Donepezil, galantamine, rivastigmine, memantine

Section 2 - Depression, OCD, PTSD, anxiety, eating disorders, panic, social anxiety.

e.g., SSRIs (citalopram, escitalopram, fluvoxamine, fluoxetine, paroxetine, sertraline), mirtazapine, venlafaxine, duloxetine, tricyclics, reboxetine, trazodone, agomelatine (but not the MAOIs)

[Section 2 - Depression, OCD, PTSD, anxiety, eating disorders, panic, social anxiety including the MAOIs](#)

e.g., SSRIs (citalopram, escitalopram, fluvoxamine, fluoxetine, paroxetine, sertraline), mirtazapine, venlafaxine, vortioxetine, duloxetine, tricyclics, reboxetine, trazodone, agomelatine, and the MAOIs (isocarboxazid, phenelzine, tranylcypromine)

[Section 2 - Psychosis and schizophrenia](#)

e.g., chlorpromazine, levomepromazine, promazine, pericyazine, trifluoperazine, haloperidol, flupentixol, zucloperthixol, pimozide, sulphiride, amisulpride, aripiprazole, asenapine, clozapine, lurasidone, olanzapine, paliperidone, quetiapine, risperidone, and the depot/long-acting Injections such as aripiprazole, flupentixol decanoate, fluphenazine decanoate, haloperidol decanoate, olanzapine pamoate, paliperidone palmitate, zucloperthixol decanoate and risperidone

[Section 2 - Sleep and insomnia](#)

e.g., zolpidem, zopiclone, temazepam, nitrazepam, chloral, melatonin, some antipsychotics, mirtazapine, trazodone, promethazine, diphenhydramine

[Section 3 - Tolerance, dependence and addiction](#)

A guide to help you understand the risks of dependence on drugs and to medicines.

Fact sheets

1. [Safe and legal driving in the UK for people with mental health problems](#)
2. [Medicines to manage violence and aggression \(Rapid Tranquillisation for an acute disturbance\)](#)
3. [Prolonged QT interval from medicines](#)
4. [Ramadan and Mental Health Medicines](#)
5. [Serotonin Syndrome](#)
6. [Coming off mental health medicines](#)
7. [Keeping a healthy weight](#)

2. Antidepressants and Depression

Antidepressant printable leaflets

<https://www.choiceandmedication.org/cambridgeshire-and-peterborough/printable-leaflets/>

Information on antidepressants in general

- a) [PIL from the Royal College of Psychiatry](#)
- b) [Stopping antidepressants-](#)
- c) [NICE Clinical Knowledge Summary Depression](#) to find out more about how depression is treated and how medicines are used.
- d) The Royal Pharmaceutical Society and CPPE [Medicines optimisation briefing for people with depression](#)
- e) [How you can encourage medicines optimisation for patients with depression?](#)
- f) College of Mental Health Pharmacy (CMHP) [Practice Leaflet for Community Pharmacists – Antidepressants/Depression](#)
- g) [Medicines and Healthcare Regulatory Agency \(MHRA\) selective serotonin reuptake inhibitors e-learning](#). This module identifies the most important hazards of SSRIs and informs on actions that health professionals should take to minimise and manage the risks.

Fact sheets

1. [Chart to help you compare the medicines to help the depressive symptoms of SAD](#)
2. [Chart to help you compare the medicines to help the symptoms of depression](#)
3. [Taking Antidepressants for the first time:](#)
4. [Hyponatraemia \(low sodium\)](#)
5. [MAOI- What you need to know when taking isocarboxazid](#)
6. [MAOI- What you need to know when taking phenelzine](#)
7. [MAOI- What you need to know when taking tranylcypromine](#)
8. [Sexual side-effects of antidepressants](#)
9. [Coming off antidepressants](#)
10. [How to come off escitalopram](#)
11. [How to come off fluoxetine](#)
12. [How to come off paroxetine](#)
13. [How to come off sertraline](#)

3. Antipsychotics, Psychosis and Schizophrenia

- a) [Psychosis and schizophrenia: Summary](#). NICE
- b) [Women of child-bearing age with psychosis or schizophrenia](#). NICE
- c) [Positive Cardiometabolic Health Resource](#)- Lester tool. An intervention framework for people experiencing psychosis and schizophrenia. Not just screen intervene

Fact sheets

1. [Chart to help you compare the medicines to help the symptoms of the first episode of psychosis](#)
2. [Chart to help you compare the medicines to help the symptoms of psychosis and schizophrenia](#)
3. [Extrapyramidal side effects \(EPSEs\)](#)
4. [High doses of antipsychotics](#)
5. [Hyperprolactinaemia \(raised prolactin\)](#)
6. [Tablets or a long-acting/depot injection?](#)
7. [Metabolic syndrome](#)
8. [Neuroleptic Malignant Syndrome \(NMS\)](#)
9. [Stopping smoking if you are taking olanzapine](#)
10. [Sexual side-effects of antipsychotics](#)
11. [Antipsychotics and weight gain](#)

Clozapine

Fact Sheets

1. [Thinking about taking clozapine?](#)
2. [Clozapine- What carers need to know](#)
3. [Sialorrhoea \(hypersalivation\) from clozapine](#)
4. [Clozapine- slow gut and constipation](#)
5. [Stopping smoking if you are taking clozapine](#)
6. [Clozapine blood levels](#)

4. Anxiety

Anxiety may also occur as a symptom in many physical and mental health disorders.

There are several different types of anxiety disorder including:

- Generalised anxiety disorder (GAD)
- Obsessive compulsive disorder (OCD)
- Panic disorder (or panic attacks)
- Phobias - including agoraphobia and social anxiety disorder (or social phobia)
- Post-traumatic stress disorder (PTSD)

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- a) [Chart to help you compare the main medicines to help the symptoms of anxiety](#)
 - b) Watch animation and read about anxiety, panic and phobic disorders at the [Royal College of Psychiatrists website](#).
 - c) Anxiety and panic attacks (Mind)
 - d) [The pharmacological management of anxiety disorders](#)
 - e) Benzodiazepines: Risks and benefits. A reconsideration_a joint report from a working group drawn from the Royal College of Psychiatrists Psychopharmacology Special Interest Group and the British Association for Psychopharmacology (2013).
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OCD

[Chart to help you compare the medicines to help the symptoms of OCD](#)

Panic Disorder

[Chart to help you compare the medicines to help the symptoms of panic disorder](#)

Social Anxiety or Social Phobia

[Chart to help you compare the medicines treatments to help the symptoms of social anxiety](#)

PTSD (post-traumatic stress disorder)

[Chart to help you compare the medicines to help the symptoms of PTSD](#)

5. Bipolar Mood Disorders

- a) [Bipolar disorder; for young people](#). Royal College of Psychiatry website
- b) [Definition of bipolar disorder](#). NICE
- c) The College of Mental Health Pharmacy (CMHP) [Practice Leaflet for Community Pharmacists – Mood Stabilisers](#) which provides you with information about anxiety and its treatment.
- d) MHRA and NHS Improvement Patient Safety Alert (PSA) [Resources to support the safety of girls and women who are being treated with valproate 2017](#)
- e) [Routine bipolar disorder review](#). NICE

Fact Sheets

1. [Chart to help you compare the medicines to help the symptoms of bipolar mood disorder](#)
 2. [Chart to help you compare the medicines to help the symptoms of bipolar depression](#)
 3. [Chart to help you compare the medicines to help bipolar mania](#)
 4. [Starting lamotrigine and avoiding a serious skin rash](#)
 5. [Staying well on lithium](#)
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6. Alcohol Dependence and Withdrawal

1. [Chart to help you compare the medicines to help the symptoms of alcohol dependence](#)
2. [Chart to help you compare the medicines to help the symptoms of alcohol withdrawal](#)

7. Acute Disturbance

[Chart to help you compare the medicines to help the symptoms in an acute disturbance](#)

8. ADHD

[Chart to help you compare the medicines to help the symptoms of ADHD](#)

9. Dementia

1. [Alzheimer's drug treatments](#)- Royal College of Psychiatrists website
2. [Optimising treatment and care for people with behavioural and psychological symptoms of dementia](#)
3. [Chart to help you compare the medicines to help BPSD in dementia](#) BPSD (Behavioural and Psychological Symptoms of Dementia)
4. [Chart to help you compare the medicines to help the symptoms of Alzheimer's Disease](#)

10. Insomnia

1. [Chart to help you compare the medicines to help insomnia](#)
2. [Insomnia and sleep hygiene](#)
3. [Insomnia - summary](#). NICE management of insomnia

11. Opiate Dependence and Withdrawal

1. [Chart to help you compare the medical treatments for maintenance of opiate dependence](#)
2. [Chart to help you compare the medicines to help the symptoms of opiate withdrawal when you stop](#)

12. Clinically significant interactions with tobacco smoking

- <https://www.sps.nhs.uk/articles/what-are-the-clinically-significant-drug-interactions-with-tobacco-smoking/>

- Most interactions between drugs and tobacco smoking are not clinically significant.

- **When giving smoking cessation advice, be aware of a small number of drugs, in particular aminophylline, theophylline, clozapine, erlotinib, olanzapine, riociguat, chlorpromazine, flecainide, methadone, and warfarin which may require dose adjustment or increased monitoring when smoking status is altered.**

- Close monitoring of plasma levels (where useful), clinical progress and adverse effect occurrence and severity is essential when patients change their smoking status.

- If the affected drug is prescribed under the supervision of a specialist, their input should be sought if the patient changes their smoking status.