

Sustaining Excellence—Making Progress

Psychotropic & Anticonvulsant Medication Use

Individuals Recently Transitioned to the Community (IRTC)

Delmarva Foundation and
Georgia Department of Behavioral Health and Developmental
Disabilities

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Delmarva Foundation
Georgia Quality Management System

National Perspective

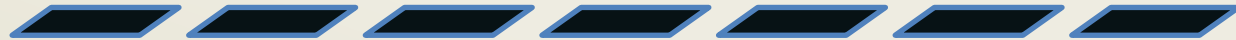
National Core Indicator results showed the national average of psychotropic medications taken for mood, anxiety or psychotic disorders was steadily increasing.

2011-2012 data indicated 92% of individuals with a co-occurring psychiatric diagnosis were taking medications.

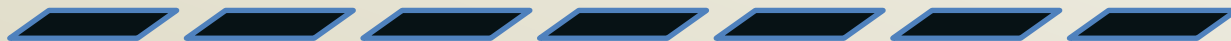
35% of people without a psychiatric diagnosis were also taking medications.

Georgia

Georgia has a history of ranking above the national average (higher utilization of psychotropic meds).



ADA Settlement: moving individuals from institutions to community settings



Purpose of Study

- **Georgia Quality Management System (GQMS) ongoing efforts to assess transition process and health of individuals moving from an institution to the community**
- **As part of these efforts, examine medication use among individuals with I/DD who are receiving HCBS Waiver or state funded services**
- **Is there a change in medication use subsequent to transitioning from an institution?**

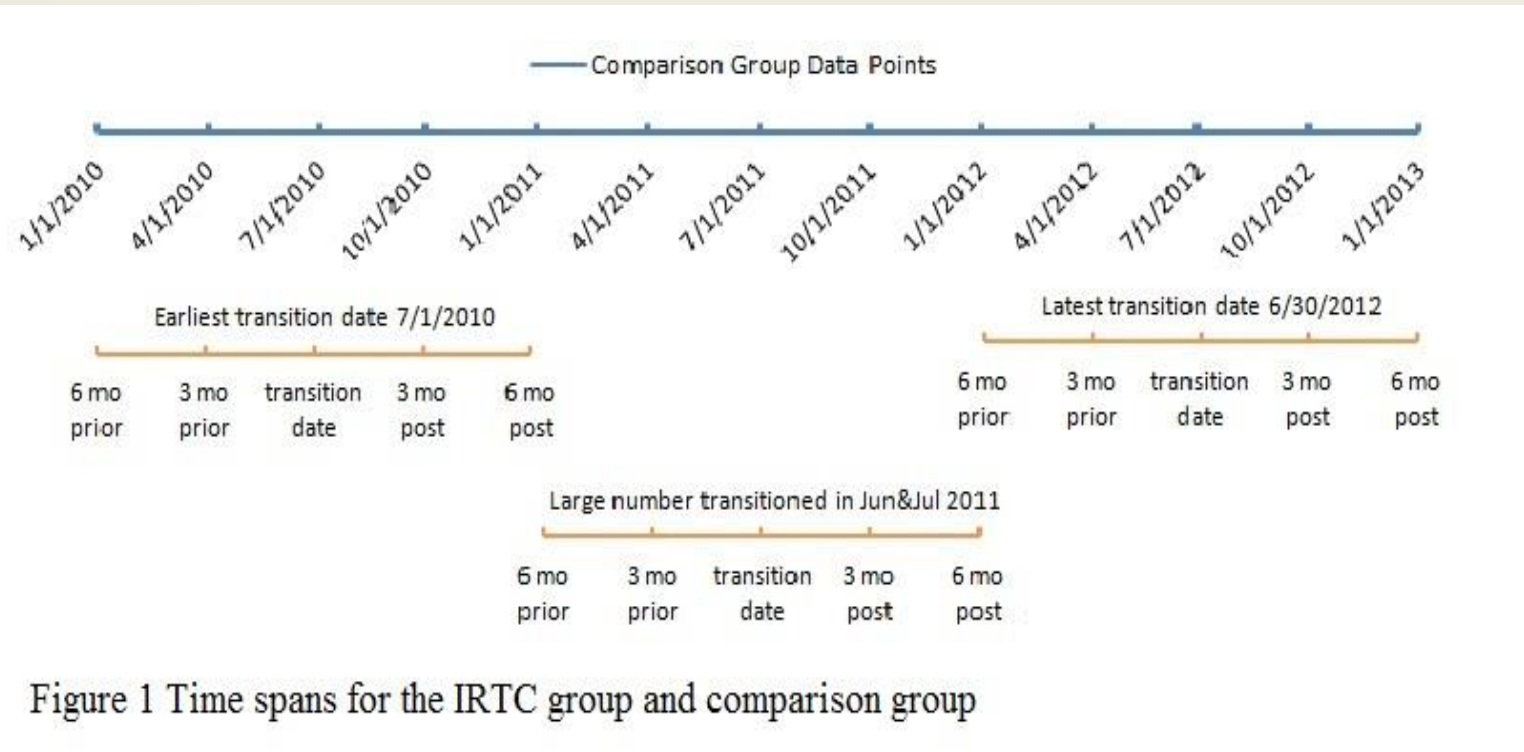
Methods

- **Compare IRTC v General I/DD population in community—pre and post transition**
 - **Average utilization**
 - **Prevalence rates**

- **Examine IRTC prevalence rates by:**
 - **Race/Ethnicity**
 - **Gender**
 - **Disability**
 - **Residential Setting**
 - **Age Groups**

Methods

- Anchor points for pre/post analysis:
 - Transition date for IRTC group
 - July 1, 2011, for Comparison group



Tests Used to Determine Statistical Significance

Average Medication Use Rates

Calculated confidence intervals with 95% Confidence Levels and +/- 5%

Prevalence Rates

Difference of Proportions Significance Test

Data

Adults with I/DD receiving HCBS or state funded services

- **IRTC -- Transitioned to the community between July 2010 and June 2012 (N=325)**
- **Comparison -- Lived continuously in the community between January 2010 and December 2012 (N=12,722)**



Data

Prescription information taken from the Health Risk Screening Tool (HRST), administered at least annually

Psychotropic and Anticonvulsant medications, verified by DD Nurse and Pharmacist

Demographic data taken from DBHDD Client Information System (CIS)



Demographic Distribution

	IRTC	Comparison
	(N=325)	(N=12,722)
Gender		
Female	35%	42%
Male	65%	57%
Home Type		
Foster Care or Host Home	15%	8%
Group Home	80%	19%
Independent Home or Apartment	2%	15%
Nursing Facility	1%	1%
Parent or Relative's Home	1%	53%

Demographic Distribution

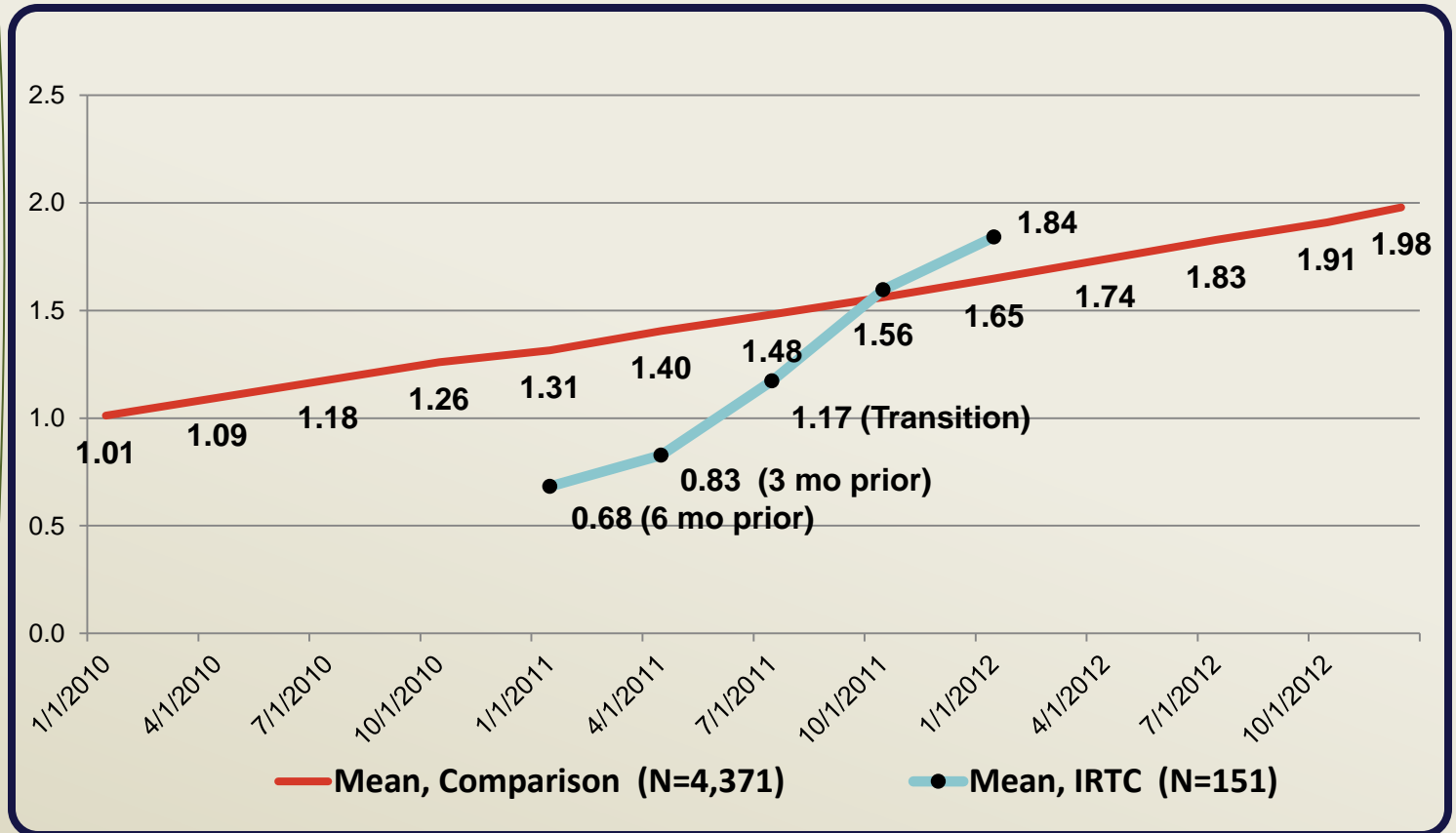
	IRTC	Comparison
	(N=325)	(N=12,722)
Race		
African American	37%	45%
White	61%	52%
Other or Don't know	2%	3%
Disability		
Autism Spectrum Disorder	1%	2%
Intellectual Disability	27%	74%
Profound Intellectual Disability	72%	23%

Demographic Distribution

	IRTC (N=325)	Comparison (N=12,722)
Age Group		
18-29	12.9%	29.3%
30-39	12.0%	23.6%
40-49	24.9%	21.5%
50-59	31.1%	16.9%
60+	19.1%	8.8%

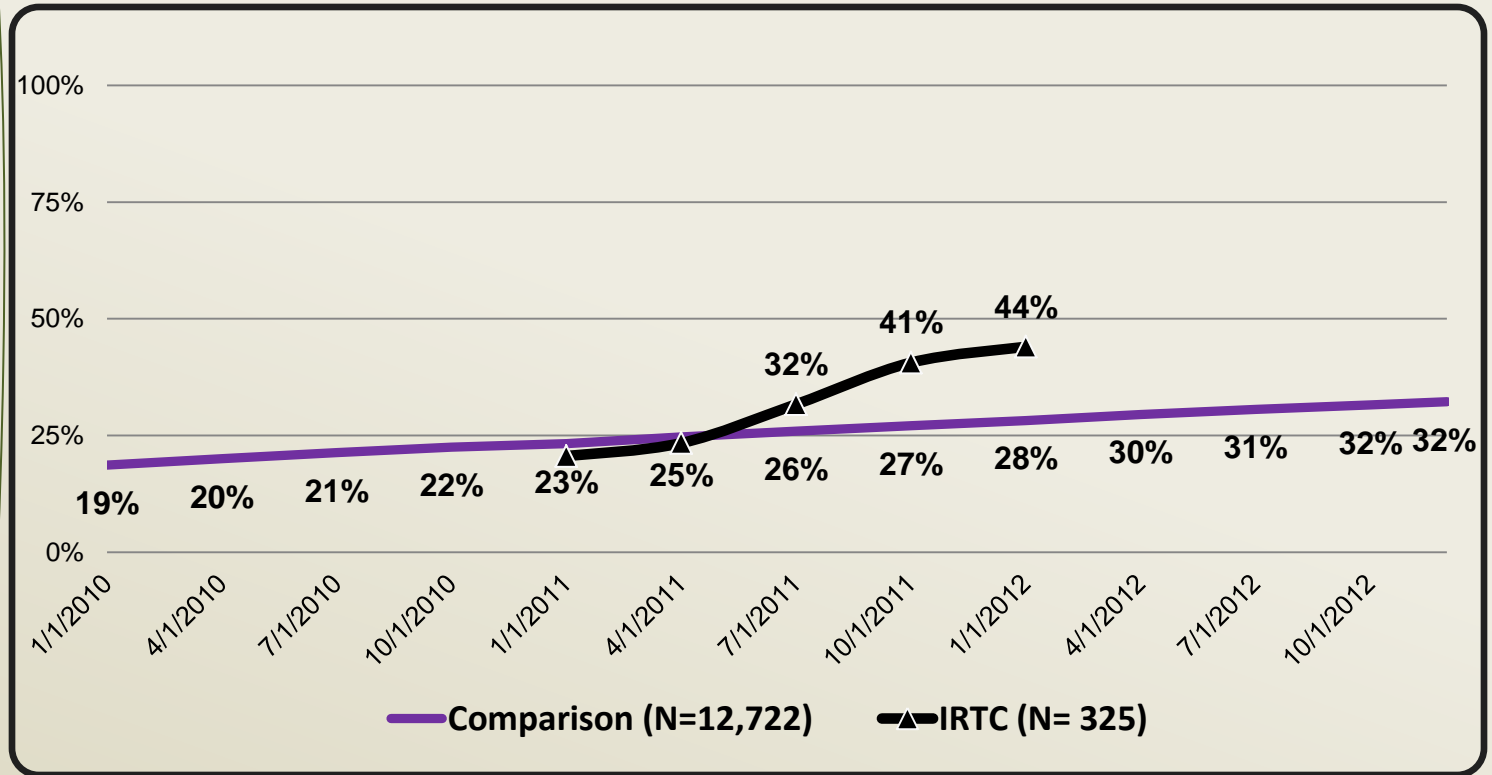
Average Number of Medications

Both show statistically significant increase



Medication Use Prevalence Rates (≥ 1)

Both show statistically significant increase



Prevalence Rates by Demographics

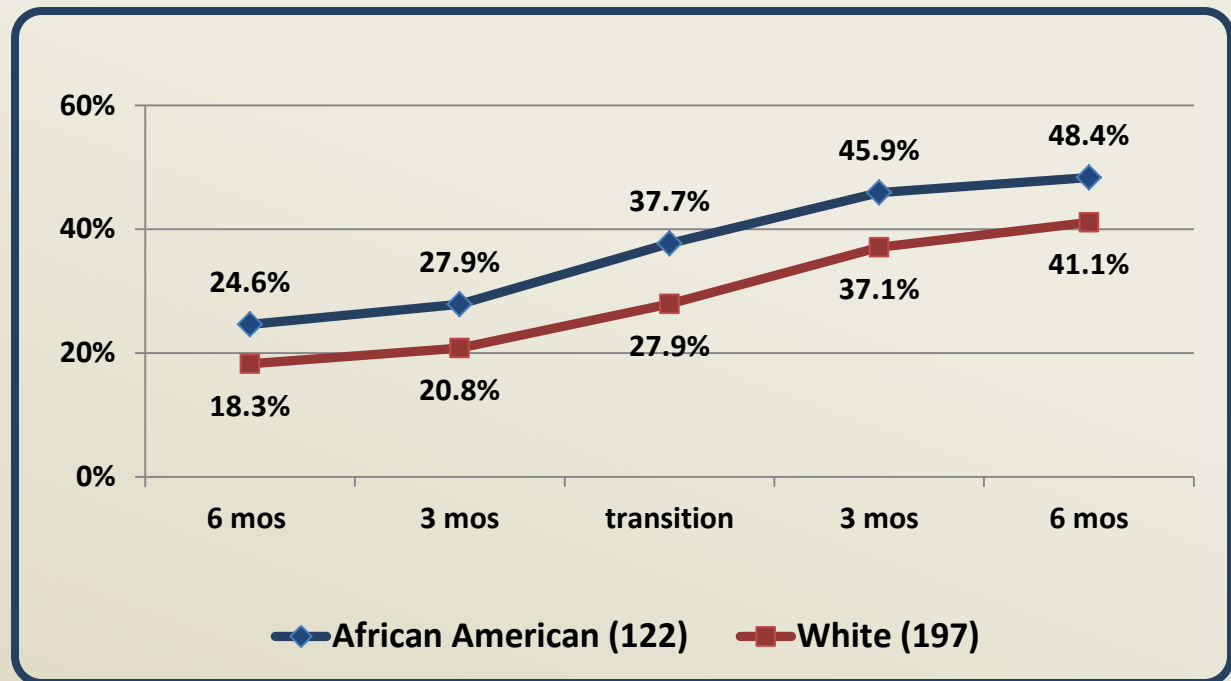
All of the demographic groups analyzed showed a statistically significant increase from the pre to post transition time periods.

Percentage Point Increase by Demographic Group			
African American	23.8%	Group Home	22.3%
White	22.8%	Foster/Host	22.4%
Female	24.3%	Age 18-29	26.2%
Male	22.9%	Age 30-49	23.3%
ID	27.0%	Age 50-59	24.8%
Profound ID	21.8%	Age 60+	19.4%

IRTC Results by Race

African American vs. White

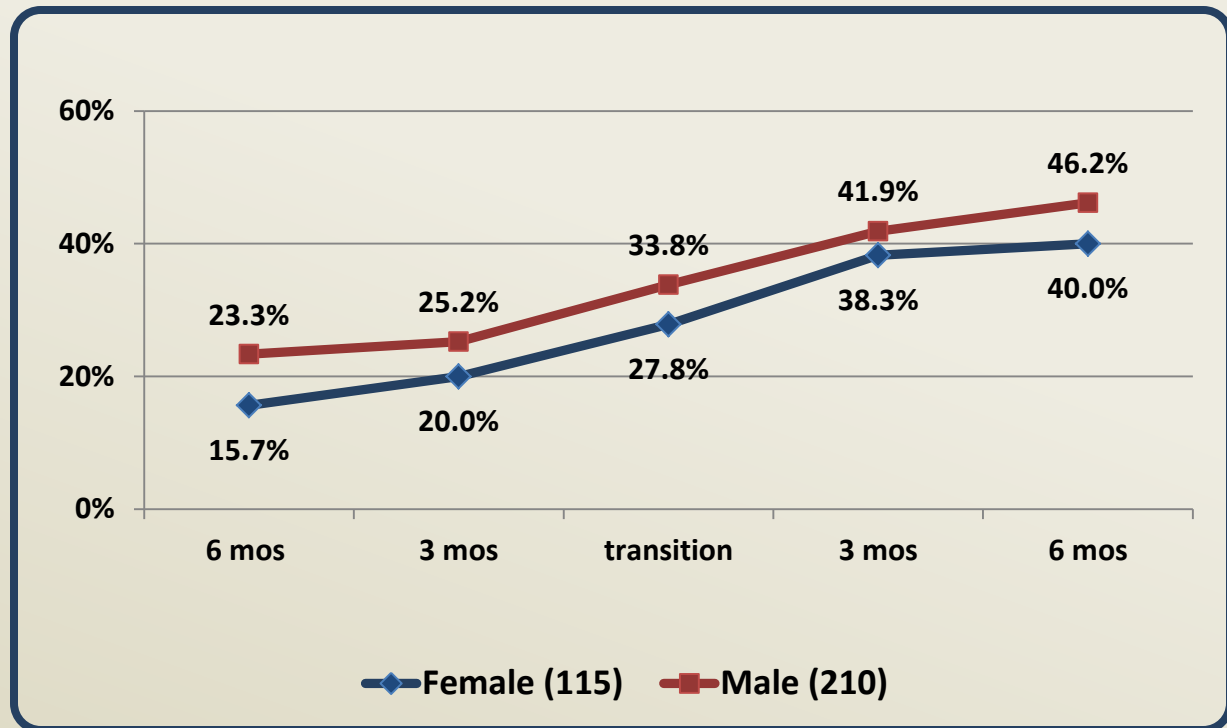
- African American individuals showed a consistently higher prevalence rate by about 7 percentage points, but the difference was not significant



IRTC Results by Gender

Female vs. Male

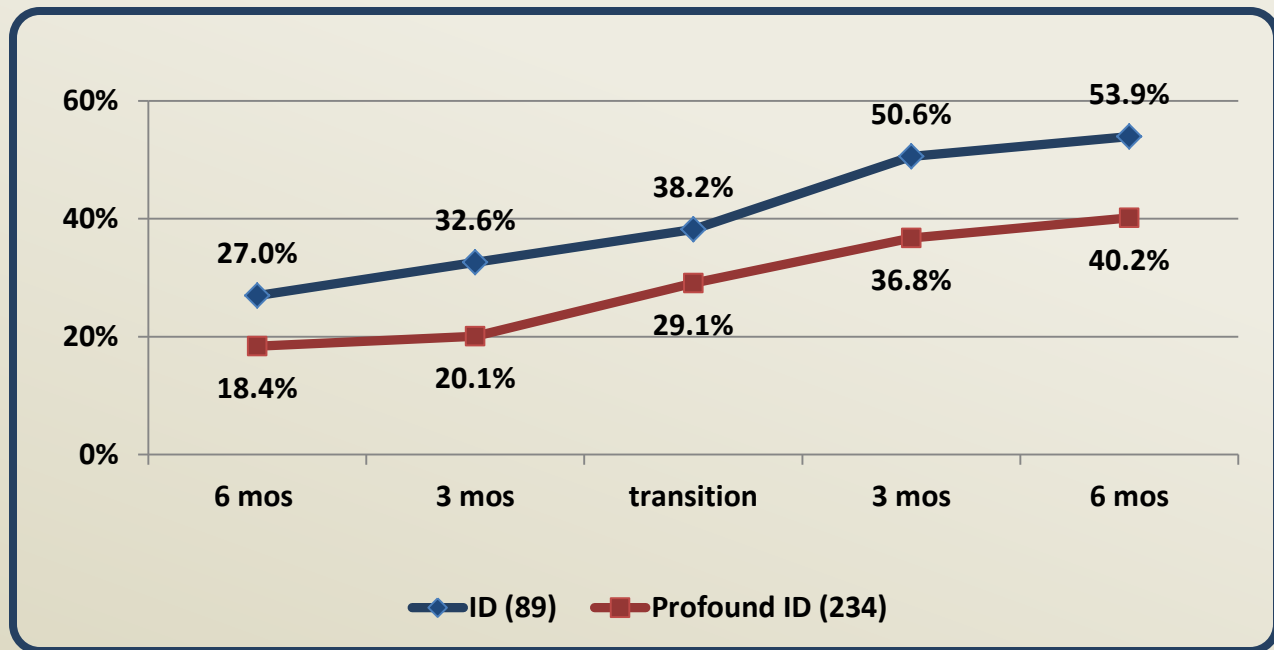
- While not a statistically significant difference, males consistently showed a higher prevalence rate than females



IRTC Results by Disability

ID vs. Profound ID

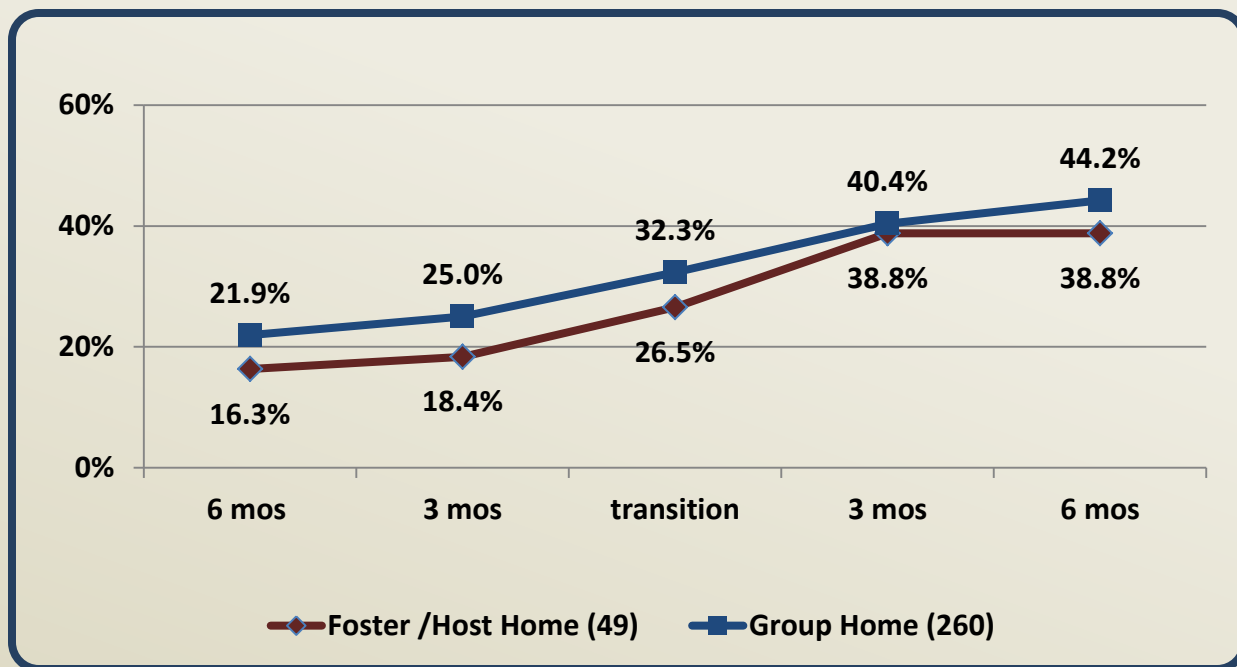
- The increase for individuals with ID was greater
- Individuals with ID were significantly more likely to be taking medications 6 months post transition



IRTC Results by Residential Setting

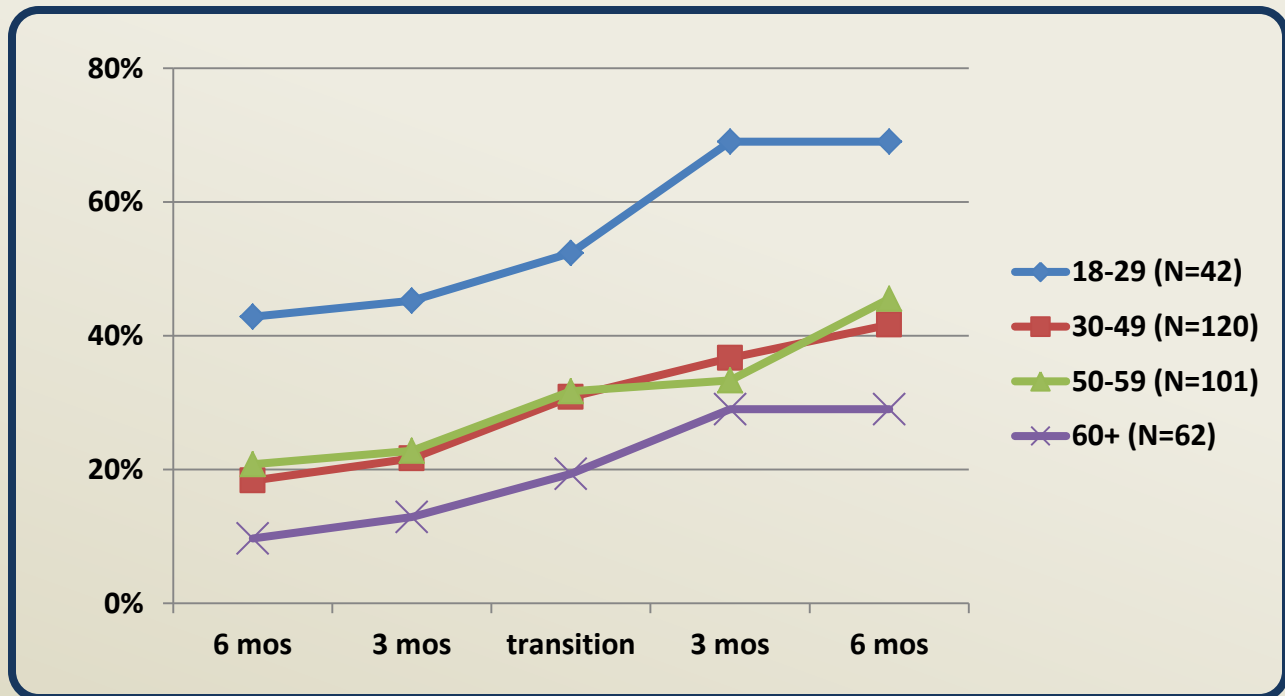
Group Home vs. Foster/Host Home

- Prevalence rates for individuals in Group Homes were somewhat higher than in Foster /Host Homes
- Most transitioning individuals moved into a group home



IRTC Results by Age Groups

- Young adults (18-29) were significantly more likely to take medications and the increase was greater over time



Summary

Psychotropic drug use is increasing among all individuals with I/DD receiving services in GA

Psychotropic drug use began increasing prior to transitioning

Individuals transitioning to the community showed greater and faster increases than individuals already in the community

Young adults (age 18-29) and individuals with ID showed the greatest increases post transition

Discussion

Challenging behaviors due to environmental changes may have impacted the increase in medication

Providers may not have education and training needed to adequately serve individuals with complex needs

To ensure a smoother process, the type of disability and age of the person should be taken into account when developing a transition plan



Some Future Work

- Examine reasons for the increased medication use over time and the increase prior to transitioning from the institution.
- Analyze current transition process and modify as needed to ensure providers are trained and prepared for individuals with complex challenges.
- Explore the demographic disparities identified in this study.
- Identify individuals at high risk who may need medication management and oversight.

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