Use of Clozapine for Thriving in the Community

Alexander S. Young, MD MSHS
Professor of Psychiatry | UCLA
Prevalence of Treatment Resistance in Schizophrenia

- 392 never-treated patients with schizophrenia
- Remission rates during treatment follow-up
- > 90% used 2nd gen antipsychotic medications first line
- 14% never met any remission criteria

Burden of Treatment Resistance

- High rate of smoking (56%)
- High rate of alcohol abuse (51%) and substance abuse (51%)
- High rate of suicidal ideation (44%)
- Quality of life 20% lower
- Healthcare costs 3 - 11 times higher

Antipsychotic Medication Comparative Effectiveness

- Odds of treatment failure compared with oral olanzapine
- All adults in Sweden
- 2006-2013

Tiihonen J et al. JAMA Psychiatry 2017
When Should We Use Clozapine?

• 244 patients
• First episode schizophrenia
• Medication algorithm
  • Trials 1&2: risperidone or olanzapine
  • Trial 3: clozapine

Patients with schizophrenia are appropriate for clozapine when:

- **treatment-resistant**: significant symptoms despite trials of two other antipsychotic medications
- **risk for suicide attempts or suicide remains substantial** despite other treatments
- **risk for aggressive behavior remains substantial** despite other treatments
<table>
<thead>
<tr>
<th>Country</th>
<th>Clozapine Use for Schizophrenia</th>
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</thead>
<tbody>
<tr>
<td>Australia</td>
<td>35%</td>
</tr>
<tr>
<td>China</td>
<td>30%</td>
</tr>
<tr>
<td>England</td>
<td>23%</td>
</tr>
<tr>
<td>Germany</td>
<td>20%</td>
</tr>
<tr>
<td>Denmark</td>
<td>10%</td>
</tr>
<tr>
<td>Malaysia</td>
<td>4%</td>
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<tr>
<td>U.S.</td>
<td>4%</td>
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</tbody>
</table>

Clozapine Use by State

Treatment Advocacy Center
CSS-SMI GRANT GOALS

Support implementation of evidence-based, person-centered pharmacological and psychosocial interventions for individuals with serious mental illness (SMI), and increase access to care that includes a set of recovery support services provided by professionals including peer support specialists.
SMI ADVISER PROJECT AIMS

EDUCATION ON EVIDENCE-BASED PRACTICE
Content Partners

REALTIME AND ONGOING NEEDS ASSESSMENT
Psychpro Registry / Communities

DIRECT CONSULTATION TO CLINICIANS
SMI Experts

SUPPORT IMPLEMENTATION AND USE OF TECHNOLOGY TO ENHANCE CARE

SMI Care Team

NCPS  SW  Family
MD  RN  PhD

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SMI ADVISER STRATEGIC APPROACH

Education

Engagement

Consultation

Consult

Education

Consult

Education
EDUCATION CATALOG

- **23 courses** currently available.
- Courses available as “live” or “on-demand” to meet learner availability
- Continuing education credits available for physicians and nurses
- All **weekly** webinars include live Q&A sessions with our faculty experts
- **Free** educational resources for clinicians
## CLINICAL WEBINARS

<table>
<thead>
<tr>
<th>IMPLEMENTATION</th>
<th>TECHNOLOGY</th>
<th>PSYCHOPHARMACOLOGY</th>
<th>RECOVERY</th>
<th>ACCESS TO CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fostering Organizational Change to Promote Uptake of Evidence-Based Practices: Lessons and Tools</td>
<td>Meeting the Challenges of Security and Privacy When Using Digital Technology Tools</td>
<td>Adherence to Antipsychotics in Schizophrenia: Clinical Considerations</td>
<td>Peer Support as a Profession</td>
<td>Cognitive Behavioral Therapy for Psychosis: Understanding the Basics</td>
</tr>
<tr>
<td>Treatment and Risk Prediction: Clinical Informatics for Care of Serious Mental Illness</td>
<td>Social Media and Serious Mental Illness: The Good, The Bad, and The Unknown</td>
<td>Psychotropic Medications and Older Adults: Update on Safety Considerations</td>
<td>Shared Decision Making: Activation of Patient/Provider Teams</td>
<td>Psychiatric Mental Health Advanced Practice Registered Nurses (PMH-APRNs): Evolving Roles</td>
</tr>
</tbody>
</table>

*Non-Webinar Event – Clinician Q&A: Clozapine REMS Program*
SMI ADVISER STRATEGIC APPROACH

- Education
- Engagement
- Consultation
SMI ADVISER ANSWER ENGINE CHAT BOT

MD
Hi, I’m your SMI Adviser! How can I help you today?
How do I start clozapine?
That’s a good question. Have you seen this Tool Kit? You can also join the Clozapine Learning Collaborative.

RN
Hi, I’m your SMI Adviser! How can I help you today?
How do I start clozapine?
That’s a good question. Have you seen this Webinar about the role of an RN in monitoring of Clozapine?

Family
Hi, I’m your SMI Adviser! How can I help you today?
How do I start clozapine?
That’s a good question. Have you seen this Fact Sheet about how to get started with Clozapine?

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SMI ADVISER STRATEGIC APPROACH

- Education
- Engagement
- Consultation
CLOZAPINE CENTER OF EXCELLENCE (COE)

• Increase and improve the use of clozapine
• Led by Alex Young and NASMHPD
  http://SMIAviser.org/clozapine
• Workgroup: Brian Hepburn, Tony Battista, Rob Cotes, Doris Fuller, Deanna Kelly, Ray Love, Jonathan Meyer, Debra Pinals, Donna Rolin, Gopal Vyas
• Resources, clinical tips, CME/CNE education, clinical consultations
• Engage with the clozapine community through the Clozapine COE Listserv
  http://apapsy.ch/clozapine-list
FIND ANSWERS IN OUR KNOWLEDGE BASE

1. Go to SMIadviser.org/knowledge-base

2. Browse any subject area, ask a question, or search for a specific topic

What is Shared Decision Making and what are its benefits?

A 2001 report of the Institute of Medicine defined patient centered care as "care that is respectful of and responsive to individual patient preferences, needs, and values," and stated, "that patient values guide all clinical decisions." In stating these principles, the report emphasized "the importance of clinicians and patients working together to produce the best possible outcomes."

This process, whereby patients and clinicians work together as partners in making healthcare decisions, is called Shared Decision Making. While the partnership may include multiple clinicians and/or family members, the person receiving services is the one who determines what values drive the decision-making. While clinicians are experts in their fields and family members can play essential support roles, if the patient is not at the center of the process and recognized as an equal partner, then they are far less likely to participate with their own treatment. When individuals feel ownership of their own condition and actively begin the process of learning about and understanding the purpose and possible outcomes of the choices available to them, they are far more likely to follow through with treatment plans. When clinicians step outside the traditional role of paternalistic authority and assume the role of a partner based on the patient’s needs and values, and the clinicians training and knowledge, a true “shared decision making” process begins, and desired outcomes become increasingly possible.
Education Activities

Slide through upcoming event dates or click ⬇️ to view full calendar

1. Addressing Barriers to Clozapine Underutilization
2. Addressing Obesity in the Population with Schizophrenia
3. Evaluating Adverse Drug Effects
ANSWERS FOR INDIVIDUALS AND FAMILIES

1. Go to SMIadviser.org/knowledge-base-fp

2. Browse any subject area, ask a question, or search for a specific topic

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**What are smoking cessation tools for those with schizophrenia?**
- Answered by: John Torous, MD, MB, SM Technology Expert - Harvard Medical School
- Date Answered: June 5, 2018
- Tags: Apps, Mobile, Depression, Research Studies, Schizophrenia, Stress Management

**Is substance abuse common in people with schizophrenia?**
- Answered by: John Torous, MD, MB, SM Technology Expert - Harvard Medical School
- Date Answered: June 5, 2018
- Tags: Apps, Mobile, Depression, Schizophrenia, Substance Use Disorders

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**If marijuana is legal, is it OK for patients with serious mental illness to use it?**
Although marijuana may be legal, it is increasingly recognized as dangerous for people with serious mental illness including depression, bipolar disorder, schizoaffective disorder, and schizophrenia. While new research is constantly coming out, today there is strong data to suggest that those with SMI are at high risk for the negative affect of marijuana use including worsening of schizophrenia symptoms, worsening of mood, and even triggering of manic symptoms in bipolar disorder.
After 30 years, clozapine is still best for treatment-resistant patients

Clozapine Resources

Browse resources and find answers from the SMI Adviser Knowledge Base

CLINICAL TIPS

FREQUENTLY ASKED QUESTIONS

GUIDELINES, RESEARCH, & TOOLS
Clozapine Resources

Browse resources and find answers from the SMI Adviser Knowledge Base

CLINICAL TIPS

- Clozapine blood count monitoring
- Clozapine blood levels
- Clozapine dosing
- Constipation side effect of clozapine
- Myocarditis side effect of clozapine
- Orthostatic hypotension, bradycardia, and syncope side effects of clozapine
Clozapine Resources

Browse resources and find answers from the SMI Adviser Knowledge Base

CLINICAL TIPS

FREQUENTLY ASKED QUESTIONS

How does clozapine work and how is it different from other medications?

What is clozapine REMS?

Which patients are eligible for clozapine?

Why is clozapine not the first medication chosen to treat schizophrenia for everyone?

GUIDELINES, RESEARCH, & TOOLS
REQUEST A CONSULTATION RIGHT NOW

1. Go to SMIadviser.org/submit-consult
2. Log in or create an account
3. Request a consultation and receive guidance from an SMI expert

Ask us about psychopharmacology, therapies, recovery supports, patient and family engagement, education, and more.
REAL-TIME DATA FOR REAL-TIME DECISIONS

Data as of 4/2/19 at 4:00AM
Current Activities

• Identify sites that want to start, expand, or improve their clozapine program
  • solo practitioners, clinics, agencies, hospitals, chronic care facilities

• Consultation and mentorship

• Learning Collaboratives will be starting
  • start or build a clozapine program
  • cohort of learners: physicians, nurses, medical directors
  • 12-week collaborative, 1 hour per week
  • tools, syllabus, collaboration
  • live sessions, office hours, activities
VIRTUAL LEARNING COLLABORATIVES

- 12-week online courses led by faculty experts
- Topics include clozapine, measurement-based care, mortality, telemental health
- CME-accredited courses open to all clinicians

To learn more and sign-up to receive information on collaboratives, visit http://SMIadviser.org/learning-collaboratives