# PSYCHOTROPIC MEDICATION REDUCTION DOCUMENTATION GUIDELINES

* Has the psychotropic medication been reduced recently? If not, be sure to obtain an order to gradually reduce the dosage (DO NOT just discontinue it completely).
* Review the behavior target sheet. Has the target behavior(s) increased, decreased, or remained the same since the last reduction of the medication? (Be SPECIFIC about numbers of occurrences)
* If the behavior(s) have decreased or remained the same, obtain an order for another gradual reduction, and note this in the monthly summary.
* What alternative behavior interventions are being used? (Specify behavior interventions from e/p and comment on their effectiveness / patient response to same).
* What is the patient’s response to the medication reduction program? (i.e. increased lethargy, increased restlessness, inability to sleep.
* Have any targeted side effects been noted? (Specify)

## SAMPLE NURSING PROGRESS NOTE FOR

### PSYCHOTROPIC MEDICATION REDUCTION

Glenn’s Mellaril was reduced to 5 mg b.i.d. on 05-01-91. His crying outbursts have not increased, and continue to occur 3-5 x/week, particularly at noc and usually last about ten minutes. During outbursts, Glen is removed to a quiet environment, and redirected to more positive thought. Staff then directs him to engage in a calming individualized activity, such as reading or listening to music in his room. These methods are effective

1 – 2x / week. No side effects from the medication have been observed. Mellaril reduced to 5 mg at hs per new physician order.

PV 2.5