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**Schedule II and IV Prescription Medications**

Prescription drug monitoring programs (PDMPs) are state-based electronic databases that contain information on controlled substance prescriptions dispensed by pharmacies and prescribers. These programs can help reduce the misuse and “diversion”—the redirection of drugs from legal, medically authorized uses to illegal uses—of controlled substances, including prescription opioids. PDMPs allow prescribers and pharmacists, as well as other individuals and entities (such as researchers, health insurers, and medical licensing boards) that are authorized to access the data, to monitor controlled substance use by patients, the prescribing practices of medical practitioners, and population-level drug use trends (US DOJ, DEA, Diversion Control Division).

It is a requirement as a Psychiatric Nurse Practitioner that the PDMP is reviewed by the prescriber to obtain, and maintain, licensure and certification. The PDMP provides information for up to 1 year from the date that it is being searched. In some cases, data from surrounding states is also readily available, while for others it can be requested. Lastly, PDMPs will provide information including the number and name of prescribers, the refill dates, the pharmacies used, and the number of pills/tablets/capsules dispensed.

While there may be a number of prescription medications that are monitored, the use of Schedule II and IV medications is the majority of what is used in medication evaluation and management services. Schedule II and IV medications can include, but are not limited to: Adderall, Concerta, Ritalin, Ativan, Xanax, Valium, and in some cases Gabapentin. A more comprehensive list can be found here: <https://www.deadiversion.usdoj.gov/schedules/>

The use of stimulants and anti-anxiety medication is not something that is decided lightly and individuals may vary based on their presentation and treatment plan needs. As a best practice, medications like Ativan, Xanax, Valium, and Klonopin are best used for short-term intervention to avoid a number of effects including physical tolerance and longer-term effects including memory impairment. Every effort will be made with each individual to create a treatment plan that seeks to alleviate symptoms while also reducing the potential risk of long-term side effects. However, this may mean that for some medications may not be an option while for others that medications will be utilized for short-term use only.

Please feel free to ask questions.