

# PSYCHIATRIC PHARMACISTS: **PEDIATRIC PSYCHIATRY** MEDICATION EDUCATION IS KEY



## Educating and Supporting Caregivers

Dr. Danielle Stutzman is a Clinical Pharmacy Specialist in Pediatric Psychiatry at the Children's Hospital Colorado Pediatric Mental Health Institute. She cares for children with psychiatric, neuropsychiatric, and eating disorders.

She provides services in the inpatient setting, day-treatment program, and outpatient clinics. Patient and caregiver **medication education** is a key role, as is participation in a Project ECHO team, a virtual mentoring program that supports pediatricians who care for children living with mental illnesses in rural Colorado.

As a Board Certified Psychiatric Pharmacist, she also teaches pediatric psychopharmacology to pharmacy students and residents, child and adolescent psychiatry fellows, and advanced practice nurses.

Dr. Stutzman extends the reach of her expertise by educating and supporting others, which helps address the significant shortage of child psychiatric providers.

## Clarifying Complexities

**A frequent misunderstanding is that mental health conditions are uncommon in children**, and as a result, psychiatric medications may be underprescribed. Conversely, some children are admitted due to adverse effects of overprescribing psychiatric medications. Staff and families depend on Dr. Stutzman to help clarify the benefits and risks of medications, recommend appropriate medications, or eliminate unnecessary ones. Her primary goal is to help set the child on a path to improvement.

One 12-year-old medication group participant emphasized, **"Pharmacists are really fun teachers!"**

## Making a Difference



**1161 Total Interventions**  
(In 2021)



**35% Patient Education**



**31% Drug Information Responses**



**29% Monitoring**  
(Laboratory, Drug Interactions, Pharmacogenomics, Therapeutic Drug Monitoring, Abnormal Involuntary Movement Assessments)

**“Dr. Stutzman brings value to patient care at all levels of care daily; from guiding the complexities of deprescribing for children at higher levels of care, to establishing a monitoring program for youth on atypical antipsychotics, to educating pharmacy students, attending psychiatrists and all levels of learners in between. It is an honor to call Danielle my colleague.”**

*- Dr. Sandra L Fritsch*

*Child and Adolescent Psychiatrist, Medical Director*

**“The psychiatric pharmacist provides regular teaching points to our faculty, residents, and students. This is in addition to catching our errors and refining our prescribing practices.”**

*- Dr. Gautam Rajendran*

*Child and Adolescent Attending Psychiatrist, Intensive Psychiatric Services*



## Streamlining Medications

Dr. Stutzman recalls a 12-year-old child who was admitted to the hospital on ten psychiatric medications after she was kicked out of school for uncontrollable behavior. Dr. Stutzman worked with the child, caregiver, and psychiatrist to streamline the regimen used to treat anxiety and ADHD to four medications. The child became more alert, attentive, and was able to successfully return to school. The caregiver saw her daughter’s personality shine through and was happy to have her “back to herself”.

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