

Balancing Test Form for I/DD Resident	
Resident Name:	Operator Name:
Medication Name:	Date Ordered:
Physician Name:	City: State: Zip Code:

Multnomah County Administrative Rule 023-110-425 and OAR 411-32-0360

1. **Requirements:** Psychotropic Medications and medications for behavior must be:
 - (a) Prescribed by physician or health care provider through a written order; and
 - (b) Monitored by the prescribing physician, ISP team and program for desired responses and adverse consequences.
2. **Balancing test:** When medication is first prescribed and annually thereafter, the provider/operator must obtain a signed balancing test from the prescribing health care provider using this Balancing Test Form. Provider/Operator must present the physician or health care provider with a full and clear description of the behavior and symptoms which need to be addressed, as well as any side effects observed.
3. **Documentation requirements:** The provider/operator must keep signed copies of these Form(s) in the resident's medical records for seven (7) years. (This applies to pages 1 and 2 only.)
See page 3 of this document for a list of common psychotropic medications for your reference.

Service Provider:

Does the resident have a formal behavior program? Yes No

Date of visit when health care provider last prescribed psychotropic medication: _____

Briefly describe behavioral trends since last visit. (Has there been increase, decrease or no change? Include frequency data if applicable. Attach graphs or summary of behavioral incidents if available,) _____

Any side effects of the medication observed? Briefly describe: _____

Describe environmental or other factors believed to impact behavioral data presented (staff changes, illness, etc.): _____

Describe the behavior and its potentially harmful effects: _____

Describe the potential side effects of the medication: _____

Physician and Provider/Operator Discussion:

The staff supporting this individual in the adult care home is required to report changes in frequency and/or intensity of behaviors being treated with psychotropic medications to me. As well, include any information about observed side effects, and the benefits of the prescribed medication.

Was this provided to you? Yes No

The Federal Centers of Medicare and Medicaid (CMS) expect the judicious use of psychotropic medication in order to avoid chemical restraints. I have reviewed the information provided and believe the use of this medication is in the best interest of this individual.

Physician Signature: _____

Date signed by Physician: _____

Monitoring Requirements:

By ACH Operator/Provider: _____

By Physician: _____

LIST OF SOME PSYCHOTROPIC MEDICATIONS

MCAR 023-110-425 When any resident whose placement is authorized and funded through DDS uses or self-administers medications, including over-the-counter medications and treatments and psychotropic medications, the operator shall comply with OAR 411-360-0140. When psychotropic medication is first prescribed and annually thereafter, the provider must obtain a signed balancing test from the prescribing health care provider using the DHS Balancing Test Form or by inserting the required form content into the Operator's forms. Operators must present the physician or health care provider with a full and clear description of the behavior and symptoms to be addressed, as well as any side effects observed. ***PRN (as needed) psychotropic medication orders will not be allowed unless requested by the ISP team, and with the written exception approval from the ACHP.***

This list is provided as a quick reference of frequently-prescribed psychotropics, as well as common use of the medication. It is not a complete list of all psychotropics. A medication may be prescribed for other purposes by the prescriber. New medications may not be on here, and some medications may no longer be prescribed.

If you are uncertain about a medication, consult with the prescriber of the medication or your pharmacist directly for clarification. Learn more about specific medications by visiting [Drugs.com](https://www.drugs.com).

- Abilify: antipsychotic used to treat schizophrenia, bipolar disorder, and agitation
- Adderall: stimulant used to treat ADHD
- Ambien: used as a sleep aid, cause drowsiness
- Antabuse: used to treat alcohol addiction
- Aricept: used to slow the progression of dementia
- Anafranil: tricyclic antidepressant; mostly used for OCD
- Ativan: benzodiazepine, used to relieve anxiety
- Anticodon: each tRNA contains a specific anticodon triplet sequence that can base-pair to one or more codons for an amino acid
- BuSpar: an anti-anxiety medication
- Benzodiazepines: a class of sedatives
- Celexa: an antidepressant of the SSRI class (Selective serotonin reuptake inhibitor)
- Clozaril: an atypical antipsychotic (Clozapine)
- Concerta: an extended release form of methylphenidate (NDRI used to treat ADD/ADHD)
- Cymbalta: an antidepressant of the SSNRI (Selective Serotonin and Norepinephrine Reuptake Inhibitor) class, similar to Effexor (venlafaxine)
- Depakote: an antiepileptic and mood stabilizer used to treat bipolar disorder, neuropathic pain and others. Sometimes called an antimanic medication
- Doxepin: brand name Sinequan, a tricyclic antidepressant, also used to treat nerve pain, insomnia a. similar to imipramine
- Dexedrine: dextroamphetamine sulfate, used to treat severe ADHD and Narcolepsy.
- Desoxyn methamphetamine hydrochloride: used to treat severe ADHD and severe exogenous obesity. Rarely used
- Effexor: an antidepressant of the SSNRI (or SNRI) class
- Elavil: a tricyclic antidepressant (TCA), less commonly used these days as an antidepressant or to treat psychiatric conditions (considered a first line treatment option for neuropathic pain)
- Eskalith: a salt of Lithium, which is a mood stabilizer used to prevent bipolar disorder.

- Fluoxetine (Prozac): an SSRI drug used to treat major depressive disorder, bulimia nervosa (an eating disorder) obsessive-compulsive disorder, panic disorder, and premenstrual dysphoric disorder (PMDD).
- Fluvoxamine (Luvox): is the first SSRI drug. It is indicated to treat obsessive compulsive disorder (US) and both OCD and depression elsewhere in the world.
- Gabitril: a mood stabilizer
- Geodon: an "atypical" antipsychotic
- Haldol: a "typical" antipsychotic, one of the oldest, usually given in conjunction with "Cogentin," an antiparkinsonic. This is due to the high occurrence of tardive dyskinesia on patients with prolonged Haldol use
- Imipramine: a tricyclic antidepressant (TCA) which is sometimes used to treat bulimia, panic disorder, or related disorders
- Inderal: a beta blocker known as propranolol. It is used for acute anxiety, panic attacks, hypertension.
- Invega Sustenna: an atypical antipsychotic used to treat schizophrenia, bipolar disorder, delusions, and aggression.
- Kepra: an anticonvulsant drug which is sometimes used as a mood stabilizer
- Klonopin: anti-anxiety and anti-epileptic medication of the benzodiazepine class
- Lamictal: a mood stabilizer of the anticonvulsant class
- Latuda: an atypical anti-psychotic
- Lexapro: an antidepressant of the SSRI class
- Librium: the first approved medication of the benzodiazepine class. Mostly used to treat acute alcohol withdrawal.
- Lithobid (Lithium): a trade drug of the antipsychotic drug lithium, which is a mood stabilizer used to treat bipolar disorder
- Lunesta: a sleep aid
- Luvox: an antidepressant of the SSRI class, often used to treat Obsessive-compulsive disorder
- Mellaril: an antipsychotic, today rarely used
- Melatonin: a supplement that is used to help control the body's sleep cycle
- Namenda: used to slow the progression of Alzheimer's Dementia
- Navane: an antipsychotic, today rarely used
- Neurontin: an anticonvulsant (anti-seizure medication) which is sometimes used as a mood stabilizer or to treat chronic pain, particularly diabetic neuropathy
- Olanzapine: an second generation antipsychotic
- Paxil: an SSRI antidepressant, used frequently to treat depression and anxiety disorders
- Phenelzine (Nardil): MAOIs for depression
- Pristiq: an SNRI antidepressant
- Prolixin: an antipsychotic
- Prozac: an SSRI antidepressant
- Phenobarbital: a barbiturate, sedative and hypnotic properties
- Quetiapine: an antipsychotic drug mainly used to treat schizophrenia
- Remeron: an antidepressant which is often used as a sleep aid
- Restoril: a sleep aid of the benzodiazepine class
- Risperdal: an "atypical" antipsychotic
- Ritalin: a stimulant used to treat ADHD/ADD
- Saphris: an atypical antipsychotic

- Serax: anti-anxiety medication of the benzodiazepine class, often used to help during detoxification from alcohol or other drugs of abuse
- Sertraline HCl (Zoloft): an SSRI class anti-depressant
- Seroquel: an "atypical" antipsychotic, sometimes is used as a sleep aid when given in low doses
- Serzone: an "atypical" antidepressant
- Stelazine: an older antipsychotic, today rarely used
- Strattera: a non-stimulant medication used to treat ADD/ADHD
- Sycrest: an atypical antipsychotic
- Thorazine: an older antipsychotic, although highly effective it is rarely used today because of the high occurrence of serious side effects
- Topamax: a mood stabilizer, also used for migraine headaches
- Trazodone: an atypical antidepressant, most typically used now as a sleep aid
- Trileptal: a mood stabilizer used to treat bipolar disorder
- Tegretol: antiseizure that can also be used for mood disorder
- Valium: anti-anxiety medication of the benzodiazepine class
- Vistaril: an antihistamine for the treatment of itches and irritations, an antiemetic, as a weak analgesic, an opioid potentiator, and as an anxiolytic
- Vyvanse: a stimulant used to treat Attention Deficit Hyperactivity Disorder
- Wellbutrin: an antidepressant of the norepinephrine-dopamine reuptake inhibitor (NDRI) class, structurally identical to Zyban, a smoking cessation aid
- Xanax: an anti-anxiety medication of the benzodiazepine class
- Zoloft: an antidepressant of the SSRI class Selective Serotonin Reuptake Inhibitor
- Zyprexa: an "atypical" antipsychotic medication used in the treatment of schizophrenia, schizoaffective disorder, bipolar disorder, and various types of dementia and /sometimes OCD (obsessive compulsive disorder)
- Zaleplon: a non-benzodiazepine hypnotic
- Zolpidem: a non-benzodiazepine hypnotic