

Pharmacological Treatment of Obsessive Compulsive Disorder (OCD)

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Objectives

- Review current Food and Drug Administration (FDA)-approved pharmacological treatment for OCD
- Discuss off-label medication for treatment of OCD
- Discuss non-pharmacologic treatment for OCD
- Future considerations for treatment of OCD

Treatment of Anxiety

- Only 1 in 5 gets treatment for anxiety disorders in U.S.
- Current treatment is only about 50% effective for anxiety/OCD
 - 50% considered "treated"
 - 10-20% partial improvement
 - 30-40% treatment resistant

Treatment for OCD

Psychotherapy: Cognitive Behavioral Therapy (CBT)

- Exposure and Response Prevention (ERP)
- Relaxation techniques
- Reduce cognitive distortions

Pharmacotherapy

- Tricyclic Antidepressant (TCA)
- Selective Serotonin Reuptake Inhibitors (SSRIs)

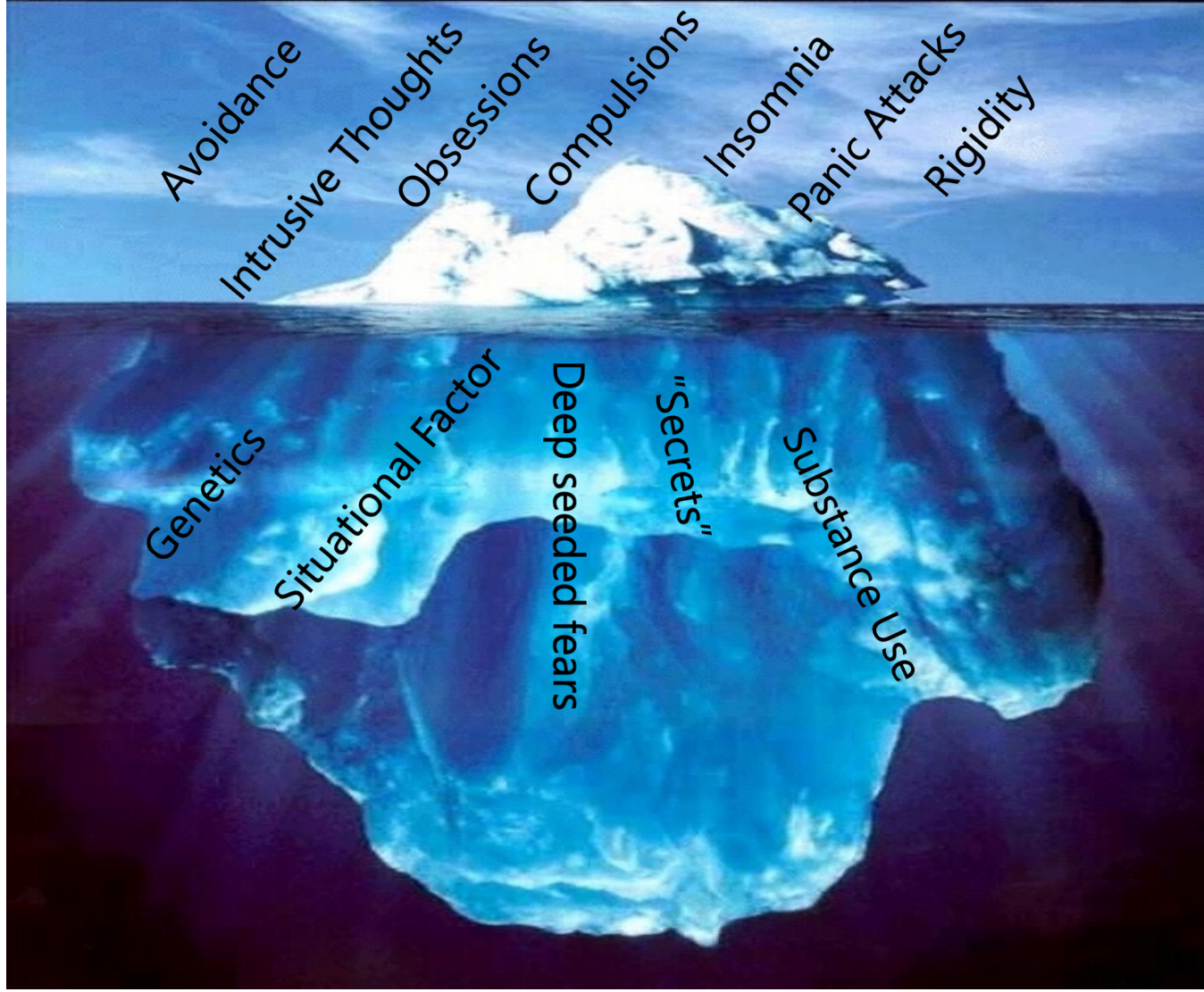
FDA Approved Medications

Tricyclic Antidepressant (TCA)

- Clomipramine

Selective Serotonin Reuptake Inhibitors (SSRIs)

- Fluoxetine
- Fluvoxamine
- Sertraline
- Paroxetine (adults only)



Augmentation Strategies for OCD - Rx

- Second Generation Atypical Antipsychotics (e.g. Aripiprazole, Risperidone)
- N-Acetyl Cysteine (NAC)
- Benzodiazepines (e.g. Clonazepam, Lorazepam, Alprazolam)
- NMDA receptor blockers (e.g. Ketamine, Memantine)
- Beta Blocker (e.g. Propranolol) or Alpha Agonist (e.g. Clonidine)
- Antihistamines (e.g. Hydroxyzine, Diphenhydramine)
- Buspirone (5HT1 partial agonist)

Other Augmentation Strategies – Non-Rx

- Rapid Trans Magnetic Stimulation (rTMS)
- Neurofeedback



Off-Label Medications for OCD

- Serotonin Norepinephrine Reuptake Inhibitors (e.g. Venlafaxine)
- Alternative SSRIs
- Antiepileptic (i.e. Gabapentin)
- Naltrexone (opioid antagonist)
- Psychostimulants (e.g. d-amphetamine, methylphenidate)
- Caffeine
- Ketamine
- Lithium

Special Considerations

- Dosing for OCD
- Adverse Drug Reactions
- Withdrawal effects vs. Adverse Drug Reaction
- Atypical antipsychotics monitoring
- Long term benzodiazepine use

Anxiety Provoking Substances

- Amphetamines
- Caffeine
- Cocaine
- Yohimbine (alpha-2 antagonist)
- Alcohol withdrawal
- Flumazenil
 - Benzodiazepine antagonist
 - Treatment for overdose

Potential Future Treatment Options

Psychedelics

- Ketamine
- Psilocybin

Unlock the “default network”



Supportive Parenting for Anxious Childhood Emotions (SPACE)

- Kids are not just young adults
- Fear is a social phenomenon
- Acceptance + Confidence = Support
- Increase support
- Reduce accommodation

Grieving

- Process of "owning"
- Feel feelings
- Connection
- Control

Prognosis

Factors contributing to a good prognosis

- Good pre-morbid functioning
- Brief duration of symptoms
- Lower intensity of symptoms, i.e. impairment
- Response to medication and psychotherapy
- Continued monitoring and follow-up care

When to Taper Down or Discontinue

- Period of stability
- Tolerating less frequent psychotherapy
- Medication compliance

References

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Questions

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