

F758 Expanded Psychotropic Definition, Including 'Other' Medications



With new surveyor guidance effective October 24, 2022, psychotropic use remains a continued focus of CMS. F758 of the CMS State Operations Manual Appendix PP provides guidance to surveyors for long-term care (LTC) facilities regarding psychotropics, including a more encompassing definition for this drug class and additional guidance on other medications used for psychotropic purposes.



What's Required

Per CMS

"Psychotropic drug" is defined in the regulations at §483.45(c)(3) as any drug that affects brain activities associated with mental processes and behavior. Psychotropic drugs include, but are not limited to, the following categories:

- Anti-psychotic;
- Anti-depressant;
- Anti-anxiety; and
- Hypnotic

Risks associated with psychotropic medications still exist regardless of the indication for their use (e.g., nausea, insomnia, itching). Therefore, the requirements pertaining to **psychotropic medications** in §483.45(e)* apply to these four categories of drugs **without exception**.

'Other' medications (not classified as anti-psychotic, anti-depressant, anti-anxiety, or hypnotic) can also affect brain activity and **should not be used as a substitution for the**

psychotropics listed in §483.45(c)(3), unless prescribed with a documented clinical indication consistent with accepted clinical standards of practice and in accordance with §483.45(d)(4)*.

Example

If a resident is prescribed **valproic acid** with documentation that its use is for **agitation** or **other expressions of distress**, then the valproic acid order should be consistent with the psychotropic medication requirements under §483.45(e).

Why was this revision made?

This change was made out of concern for increased use of psychotropic medications other than antipsychotics as nursing homes attempt to decrease use of antipsychotic medications through efforts such as the National Partnership to Improve Dementia Care.

Can the facility be cited for both F757 and F758 for a medication being used 'unnecessarily' as a psychotropic?

No.

For concerns related to unnecessary medications, surveyors should assess compliance with §483.45(d), F757.

For concerns related to psychotropic medications only, including the unnecessary medication requirements, surveyors should assess compliance with §483.45(c) and (e), F758.

*See [CMS State Operations Manual Appendix PP](#) pages 556-587 for full text.

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Steps to Facility Compliance

- Review current policies and procedures for alignment with regulations per SOM Appendix PP, ensuring that relevant policies and procedures are expanded to accommodate the broadened scope of medications to which §483.45 applies.
- Evaluate staff practices for compliance with the regulation as detailed above.
- Ensure accurate diagnoses are captured at resident admission, with emphasis on supporting documentation for use of psychotropics and 'other' medications used with psychotropic intent.
- Leverage your PharMerica pharmacist to educate staff as needed.



How PharMerica Can Help

- Utilize psychotropic timeouts to evaluate definitive psychotropic medications AND 'other' medications used with psychotropic intent for documented clinical indication consistent with accepted clinical standards of practice and in accordance with §483.45(d)(4)*.
- Respond to facility requests for retrospective audits to assess facility compliance with updated regulations and provide feedback on opportunities for improvement.
- Attend behavioral meetings, participating in collaborative discussion with facility care team and educating as needed.

*See [CMS State Operations Manual Appendix PP](#) pages 556-587 for full text.