

A Developmental & Behavioral Approach to Medication Judith Aronson-Ramos, M.D.



These are some general principals about medication use in my practice.

1. We only use medication when we have to – this means other strategies and approaches to the problem have not worked or medication is a necessary part of treatment.
2. We always start low and go slow – when trialing medication the adjustment of the dosage is an active process which requires the active participation of the physician and family.
3. We determine reasonable expectations of what the effects of medication look like – the changes parents and physicians expect need to be clearly described and visualized.
4. The risk of medicating needs to be clearly weighed against the risk of not medicating – every medication has side effects, but there are instances where choosing not to medicate also imposes risks to an individual.
5. We always evaluate the ongoing need for medication – a discontinuation trial is the process of stopping medication and determining if it is still necessary.