Barriers to discontinuation of benzodiazepines among nursing home residents

Dr Brian Meade

Declaration of Financial Interests or Relationships

Speaker Name: *Dr. Brian Meade*

I have no financial interests or relationships to disclose with regard to the subject matter of this presentation.

Scale of problem

- Most commonly prescribed psychotropic
- Rates from 5.2% to 16% general population
- 33% over 65 (including Z drugs)
- Nursing home residents 2-3 times more likely to receive a benzodiazepine or Z drug

References

Johnson et al Br J Gen Pract 2016;DOI:10.3399/BJGP 16X685213

Pantorno et al BMJ 2017;358:j2941 http://dx.doi.org/10.1136/bmj.j2941

Adverse Effects on NH Residents

- Increased falls
- Hip Fractures
- Worsening cognitive impairment
- Depressive symptoms / drowsiness
- Lack of proven continuous effectiveness

References:

Poyares D J Psychiatr Res 2004;38(3):327-34

Research on barriers

- 5 Nursing Homes Belgium
- Resident specific questionnaire 109 NH patients
- Questionnaire of both GP and nurse regarding cessation of Benzodiazepine and Z drugs
- Response rate 64%

Bourgeois J et al. European Geriatric Medicine 5 (2014) 181-187

Resident specific barriers

- Initial problems will return
- Increased care burden
- Unwanted withdrawal effects
- Resident will not be motivated
- Nursing staff will not be motivated
- Not indicated as long as resident functions well
- Too little knowledge of alternative strategies

Prescriber barriers

- Systematic review of 21 studies
- 18 focussed on primary care physicians
- 10 psychotropic drugs
- 13 patients over 65

Anderson K, et al.BMJ Open 2014;4:e006544,doi:10.1136/bmjopen-2014-006544

Schematic representation of barriers and enablers associated with each analytical and descriptive theme.

Kristen Anderson et al. BMJ Open 2014;4:e006544

Conclusion

- Benzodiazepine and Z drugs overused in Nursing Home Residents
- Significant barriers to change
- Good evidence that deprescribing is safe and effective
- More training and resources would help

Thank You


VALIUM
overcome anxiety to live healthy
Valium
Diazepam
ROCHE
10