

Module: QScript Learning –Benzodiazepines and z-drugs

Course: PRESCRIBER AND DISPENSER TRAINING

Suggested Citation:

Insight: Centre for AOD Training and Workforce Development. Benzodiazepines and z-drugs. QScript Learning. Prescriber and dispenser training [Internet]. 2023. Available from: <https://insight.qld.edu.au/training/elearning>.

1. Islam MM, Conigrave KM, Day CA, Nguyen Y, Haber PS. Twenty-year trends in benzodiazepine dispensing in the Australian population. *Internal medicine journal*. 2014;44(1):57-64.doi: 10.1111/imj.12315
2. Islam MM, Nielsen S, Mcrae I, Haber PS, Derirkol A, Murnion B, et al. Prescribing and dispensing of benzodiazepines: Implications for dependence and misuse. In: Preedy VR, editor. *Neuropathology of Drug Addictions and Substance Misuse*. 3. San Diego: Academic Press; 2016. p. 283-92.
3. Gallagher HC. Addressing the Issue of Chronic, Inappropriate Benzodiazepine Use: How Can Pharmacists Play a Role? *Pharmacy*. 2013;1(2):65-93.doi: 10.3390/pharmacy1020065
4. NPS MedicineWise. Benzodiazepine dependence: reduce the risk Surry Hills, NSW: NPS MedicineWise; 2015 [cited 2020 Sep 23]. Available from: <https://www.nps.org.au/news/benzodiazepine-dependence-reduce-the-risk>.
5. Royal Australian College of General Practitioners. Prescribing drugs of dependence in general practice, Part B - benzodiazepines. Melbourne, VIC: RACGP; 2015 [cited 2019 Aug 1]. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/drugs-of-dependence>.
6. Baldwin DS, Aitchison K, Bateson A, Curran HV, Davies S, Leonards B, et al. Benzodiazepines: Risks and benefits. A reconsideration. *Journal of Psychopharmacology*. 2013;27(11):967-71.doi: 10.1177/0269881113503509
7. Murnion B. Responsible prescribing. In: Haber PS, Day C, Farrell MP, editors. *Addiction Medicine: Principles & Practice*. Melbourne, Victoria: IP Communications; 2015. p. 163-71.
8. The Royal Australian and New Zealand College of Psychiatrists. Professional Practice Guideline 5: Guidance for the use of benzodiazepines in psychiatric practice: The Royal Australian and New Zealand College of Psychiatrists; 2019 [cited 2020 Apr 17]. Available from: https://www.ranzcp.org/files/resources/college_statements/practice_guidelines/ppg5-guidance-for-use-of-benzodiazepines-in-psychi.aspx.
9. Psychotropic Expert Group. *Insomnia West Melbourne, VIC: Therapeutic Guidelines Ltd; 2013* [cited 2020 06/02]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=insomnia-parasomnias-jet-lag#toc_d1e47.
10. Villaggi B, Provencher H, Coulombe S, Meunier S, Radziszewski S, Hudon C, et al. Self-management strategies in recovery from mood and anxiety disorders. *Global Qualitative Nursing Research*. 2015;2.doi: 10.1177/2333393615606092
11. Ballóková AL, Fialová D. Benzodiazepines, age-related pharmacological changes, and risk of falls in older adults. In: Preedy VR, editor. *Neuropathology of Drug Addictions and Substance Misuse*. San Diego: Academic Press; 2016. p. 334-44.
12. MIMS Australia. Temazepam: MIMS Australia; 2019 [cited 2019 7 March]. Available from: <http://www.mims.com.au>.
13. Brett J, Murnion B. Management of benzodiazepine misuse and dependence. *Australian Prescriber*. 2015;38(5):152-5.doi: 10.18773/austprescr.2015.055
14. World Health Organization. Acute intoxication 2019 [cited 2019 17th June]. Available from: https://www.who.int/substance_abuse/terminology/acute_intox/en/.
15. MIMS Australia. Clobazam: MIMS Australia; 2019 [cited 2019 7 March]. Available from: <http://www.mims.com.au>.
16. MIMS Australia. Clonazepam: MIMS Australia; 2019 [cited 2019 7 March]. Available from: <http://www.mims.com.au>.

17. MIMS Australia. Zopiclone: MIMS Australia; 2019 [cited 2019 7 March]. Available from: <http://www.mims.com.au>.
18. Guina J, Merrill B. Benzodiazepines I: Upping the care on downers: The evidence of risks, benefits and alternatives. *Journal of Clinical Medicine*. 2018;7(2):17.doi: 10.3390/jcm7020017
19. Friedman BW, Irizarry E, Solorzano C, Khankel N, Zapata J, Zias E, et al. Diazepam is no better than placebo when added to naproxen for acute low back pain. *Annals of emergency medicine*. 2017;70(2):169-76.e1.doi: 10.1016/j.annemergmed.2016.10.002
20. Cunningham J, Craner J, Evans M, Hooten WM. Benzodiazepine use in patients with chronic pain in an interdisciplinary pain rehabilitation program. *Journal of Pain Research*. 2017;10:311-7.doi: 10.2147/jpr.s123487
21. Nielsen S, Lintzeris N, Bruno R, Campbell G, Larance B, Hall W, et al. Benzodiazepine use among chronic pain patients prescribed opioids: Associations with pain, physical and mental health, and health service utilization. *Pain Med*. 2015;16(2):356-66.doi: 10.1111/pme.12594
22. Dell'Osso B, Albert U, Atti AR, Carmassi C, Carrà G, Cosci F, et al. Bridging the gap between education and appropriate use of benzodiazepines in psychiatric clinical practice. *Neuropsychiatric Disease and Treatment*. 2015;11:1885- 909.doi: 10.2147/ndt.s83130
23. Swift W, Nielsen S, S K, Darke S, Breen C, Farrell M, et al. A quick guide to drugs and alcohol. 3rd ed. New South Wales: Drug Info, State Library of NSW; 2017.
24. Tannenbaum C. Inappropriate benzodiazepine use in elderly patients and its reduction. *Journal of Psychiatry and Neuroscience*. 2015;40(3):e27-e8.doi: 10.1503/jpn.140355
25. Harnod T, Lin CL, Sung FC, Kao CH. An association between benzodiazepine use and occurrence of benign brain tumors. *Journal of the Neurological Sciences*. 2014;336(1-2):8-12.doi: 10.1016/j.jns.2013.11.009
26. Lader M. Benzodiazepine harm: How can it be reduced? *British Journal of Clinical Pharmacology*. 2014;77(2):295-301.doi: 10.1111/j.1365-2125.2012.04418.x
27. Insight Centre for AOD Training and Workforce Development, QScript Learning. Long-term effects of benzodiazepines 2020 [cited 2021 4 Feb]. Available from: <https://www.youtube.com/watch?v=5fvFHZGQoQ>.
28. NPS MedicineWise. Managing benzodiazepine dependence in primary care [updated Nov 2019]. Available from: <https://www.nps.org.au/news/managing-benzodiazepine-dependence-in-primary-care>.
29. Kennedy KM, O'Riordan J. Prescribing benzodiazepines in general practice. *Br J Gen Pract*. 2019;69(680):152-3.doi: 10.3399/bjgp19X701753
30. Manning V, Arunogiri S, Frei M, Ridley K, Mroz K, Campbell S, et al. Alcohol and other drug withdrawal guidelines. Richmond, Victoria: Turning Point; 2018 [cited 2019 27 June]. Available from: <https://www.turningpoint.org.au/sites/default/files/inline-files/Alcohol-and-Drug-Withdrawal-Guidelines-2018.pdf>.
31. Scharner V, Hasieber L, Sönnichsen A, Mann E. Efficacy and safety of Z-substances in the management of insomnia in older adults: a systematic review for the development of recommendations to reduce potentially inappropriate prescribing. *BMC Geriatrics*. 2022;22(1):87.doi: 10.1186/s12877-022-02757-6
32. De Crescenzo F, D'Alò GL, Ostinelli EG, Ciabattini M, Di Franco V, Watanabe N, et al. Comparative effects of pharmacological interventions for the acute and long-term management of insomnia disorder in adults: a systematic review and network meta-analysis. *Lancet*. 2022;400(10347):170-84.doi: 10.1016/s0140-6736(22)00878-9
33. Dell'Osso B, Lader M. Do Benzodiazepines Still Deserve a Major Role in The Treatment of Psychiatric Disorders? A Critical Reappraisal. *European Psychiatry*. 2013;28(1):7-20.doi: 10.1016/j.eurpsy.2011.11.003
34. Davies SJ, Rudoler D, de Oliveira C, Huang A, Kurdyak P, Iaboni A. Comparative safety of chronic versus intermittent benzodiazepine prescribing in older adults: A population-based cohort study. *J Psychopharmacol*. 2022;36(4):460-9.doi: 10.1177/02698811211069096
35. Steinman M, Reeve E. Deprescribing: UpToDate; 2020 [cited 2020 18 March]. Available from: <https://www.uptodate.com/contents/deprescribing>.
36. Schifano F, Chiappini S, Corkery JM, Guirguis A. An insight into Z-drug abuse and dependence: an examination of reports to the European medicines agency database of suspected adverse drug reactions. *International Journal of Neuropsychopharmacology*. 2019;22(4):270-7.doi: 10.1093/ijnp/pyz007
37. Taylor DM, Paton C, Kapur S. The Maudsley prescribing guidelines in psychiatry. 13th ed. West Sussex, England: Wiley Blackwell; 2018.

38. Saunders JB, Conigrave KM, Latt NC, Nutt DJ, Marshall EJ, Ling W, et al. *Addiction medicine* (Oxford specialist handbooks). 2nd ed. United Kingdom: Oxford University Press; 2016.
39. State of Queensland (Department of Health). *Queensland alcohol and drug withdrawal clinical practice guidelines*. Brisbane, Queensland: Queensland Health; 2012.
40. Ogbonna CI, Lembke A. Tapering Patients Off of Benzodiazepines. *American family physician*. 2017;96(9):606-10.doi:
41. Gupta A, Bhattacharya G, Balaram K, Tampi D, Tampi RR. Benzodiazepine use among older adults. *Neurodegener Dis Manag*. 2021;11(1):5-8.doi: 10.2217/nmt-2020-0056
42. Psychotropic Expert Group. *Benzodiazepines, zolpidem and zopiclone: problem use West Melbourne, VIC: Therapeutic Guidelines Ltd; 2015 [cited 2020 19 Dec]*. Available from: <https://tqldcdp.tg.org.au/etgAccess>.
43. Insight Centre for AOD Training and Workforce Development, QScript Learning. *Commencing deprescribing conversation- Debbie Rigby 2020 [cited 2020 30 June]*. Available from: <https://youtu.be/xAYZzFEmpKU>.
44. Insight Centre for AOD Training and Workforce Development, QScript Learning. *Correspondence from pharmacists example*. Brisbane: State of Queensland (Department of Health); 2020.
45. Insight Centre for AOD Training and Workforce Development, QScript Learning. *Benzodiazepine tapering start / tapering introduction- Debbie Rigby 2020 [cited 2020 30 June]*. Available from: <https://youtu.be/rzt8ibFB4H4>.
46. Insight Centre for AOD Training and Workforce Development, QScript Learning. *Discussing the issues that can arise when deprescribing benzodiazepines- Debbie Rigby 2020 [cited 2020 30 June]*. Available from: <https://youtu.be/-SCiQqrhBHU>.
47. Pottie K, Thompson W, Davies S, Grenier J, Sadowski CA, Welch V, et al. *Deprescribing benzodiazepine receptor agonists: Evidence-based clinical practice guideline*. *Canadian family physician Medecin de famille canadien* [Internet]. 2018 [cited 2020 30 June]; 64(5):[339-51 pp.]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5951648/>.
48. Kaiser Foundation Health Plan of Washington. *Benzodiazepine and Z-Drug safety guideline* Washington: Kaiser Permanente; 2019 [cited 2020 1 Jan]. Available from: <https://wa.kaiserpermanente.org/static/pdf/public/guidelines/benzo-zdrug.pdf>.
49. Handbook AM. *Other drugs for anxiety and sleep disorders 2020 [updated January 2020]*. Available from: <https://amhonline-amh-net-au.ezp01.library.qut.edu.au/chapters/psychotropic-drugs/drugs-anxiety-sleep-disorders/other-drugs-anxiety-sleep-disorders/zolpidem?menu=vertical>.
50. Deprescribing.org. *Benzodiazepine & Z-drug (BZRA) Deprescribing Algorithm 2019 [Available from: https://deprescribing.org/wp-content/uploads/2019/02/BZRA-deprescribing-algorithms-2019-English.pdf]*.
51. Insight Centre for AOD Training and Workforce Development, QScript Learning. *Debbie Rigby - Deprescribing Z-Drugs 2020 [cited 2020 30 June]*. Available from: <https://youtu.be/E8DXZCjKqLk>.
52. Alger SE, Stekl E, Allotey-Addo S, Klosterman G, Balkin TJ. *The role of pharmacological interventions for sleep deprivation and restriction*. In: Kushida CA, editor. *Encyclopedia of Sleep and Circadian Rhythms (Second Edition)*. Oxford: Academic Press; 2023. p. 506-17.
53. Victorri-Vigneau C, Feuillet F, Wainstein L, Grall-Bronnec M, Pivette J, Chaslerie A, et al. *Pharmacoepidemiological characterisation of zolpidem and zopiclone usage*. *European Journal of Clinical Pharmacology*. 2013;69(11):1965-72.doi: 10.1007/s00228-013-1557-x
54. Brandt J, Leong C. *Benzodiazepines and Z-Drugs: An Updated Review of Major Adverse Outcomes Reported on in Epidemiologic Research*. *Drugs R D*. 2017;17(4):493-507.doi: 10.1007/s40268-017-0207-7