

# Audit of Benzodiazepine, Zopiclone, Gabapentin and Pregabalin prescribing within Derby Drug and Alcohol Recovery Service (DDARS) and Primary Care for those patients who are on opiate substitute medications

Dr S Murickal (Core Trainee), Dr S Mahalingam (Consultant Psychiatrist)

## Objectives

- Analyse the prescribing of Benzodiazepine, Zopiclone, Gabapentin and Pregabalin to determine the following:
  - Number of Patients
  - Breakdown of the prescribed drugs
  - Dosage
  - Prescribed Service
  - Regime
  - Comparison to previous audit cycles

## Participants and Design

- This was the Fifth audit cycle (01/07/18 – 30/09/18). This included both DDARS and Primary Care in Derby City due to shared Electronic Patient Record access on SystemOne
- 139 out of 834 patients were on the above medications
- 40 out of 834 patients were excluded from the audit as their GP surgeries are on a different Electronic Patient Record
- All previous four audits were only for Benzodiazepines prescribed within the service and did not include Primary Care

## Measurements

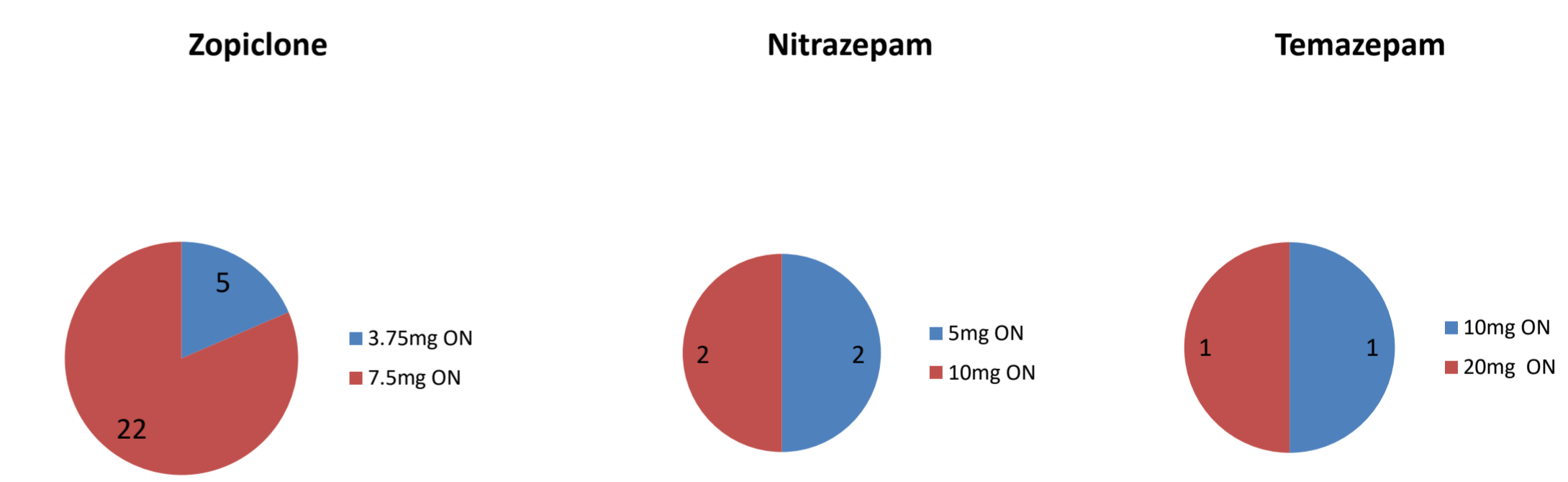
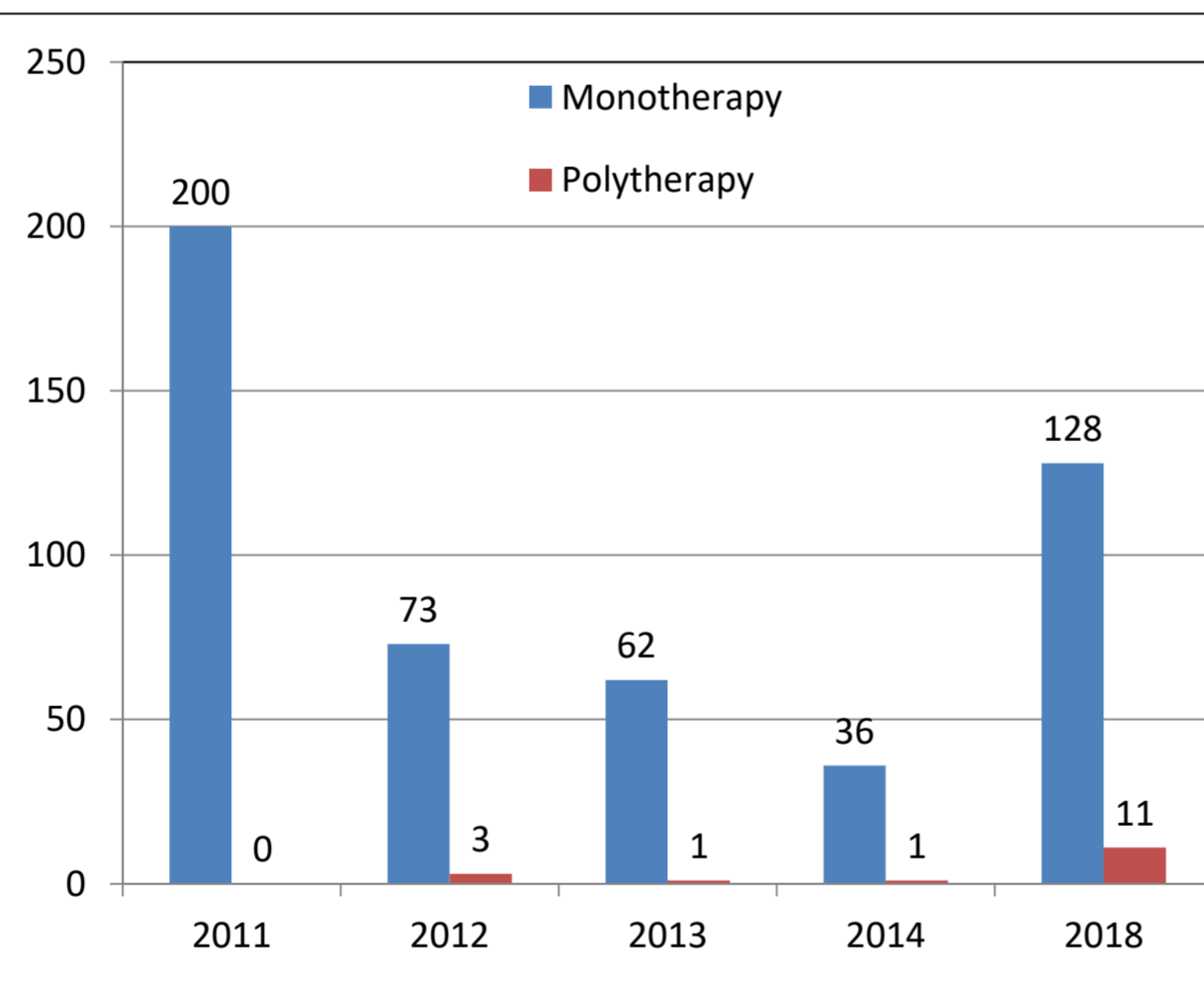
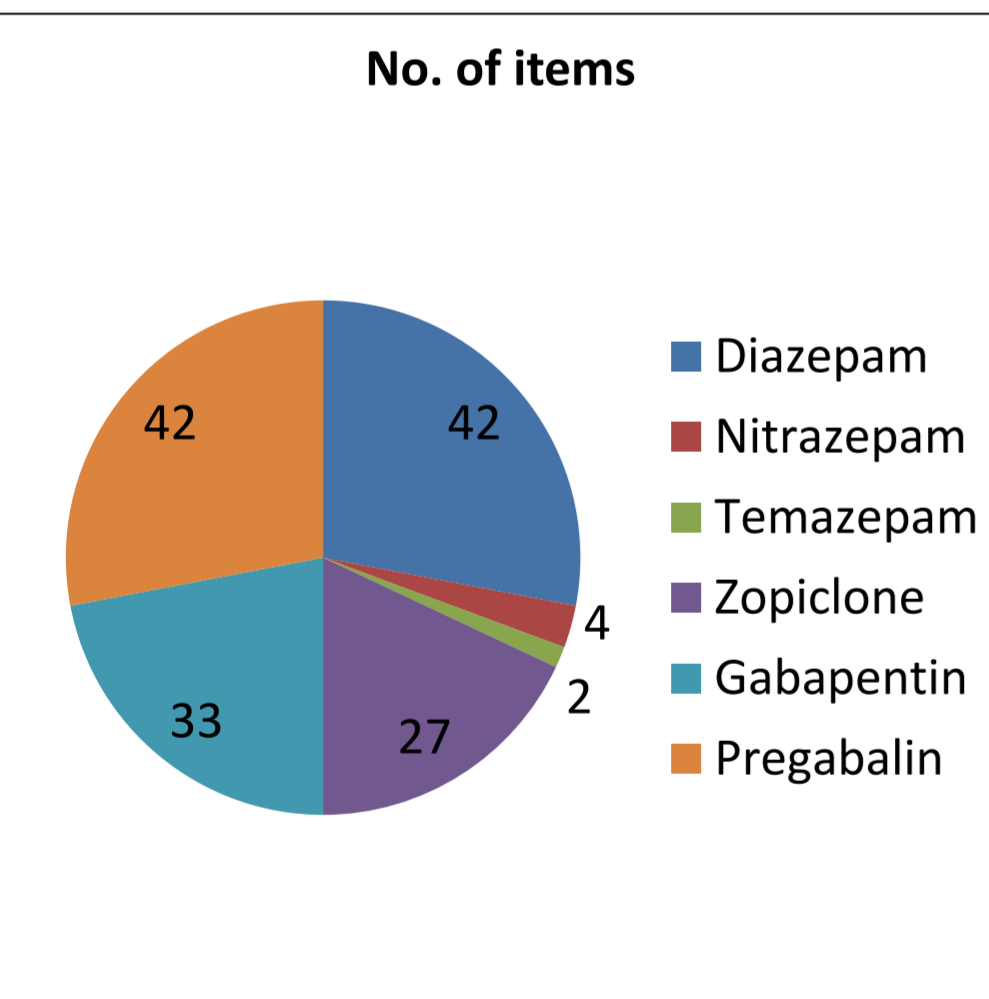
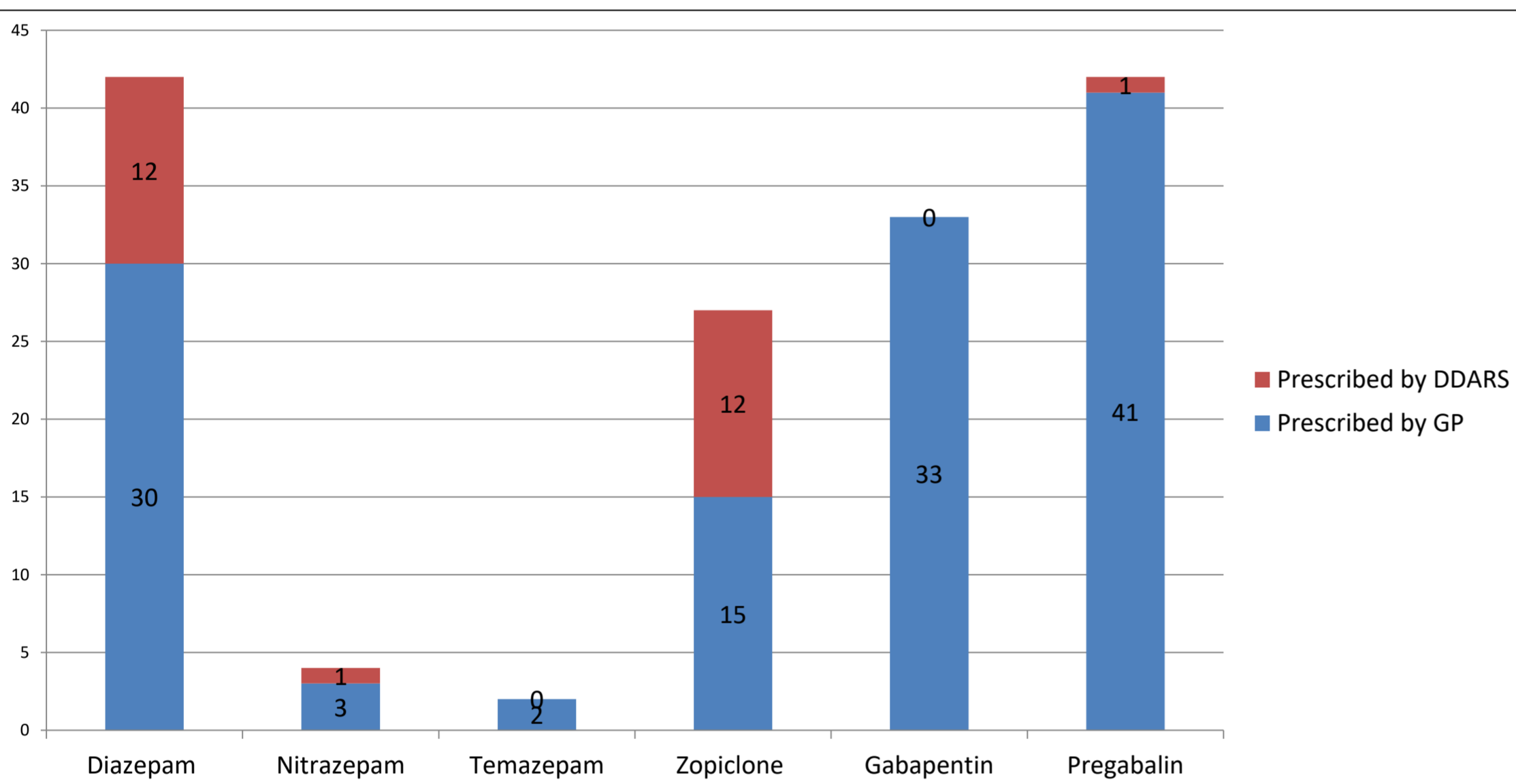
- As per the objective, patients were classified based on the drugs prescribed and service

Patients were categorised 1-8 according to their benzodiazepine treatment regime.

Category	2012	2013	2014	2018	Prescribed by: DDARS -2018	Prescribed by: GP -2018
Regular Prescribed	49	27	25	86	12	74
Regular Reducing	4	19	3	3	1	2
Regular reducing & stopped	3	3	1	8	0	8
Regular reducing & discharged	n/a	3	0	0	0	0
Non regular	6	4	3	10	0	10
Limited/PRN/one off	9	4	3	43	13	30
Start & reduce	1	0	0	0	0	0
Prescription stopped (prison/deceased)	4	3	2	0	0	0

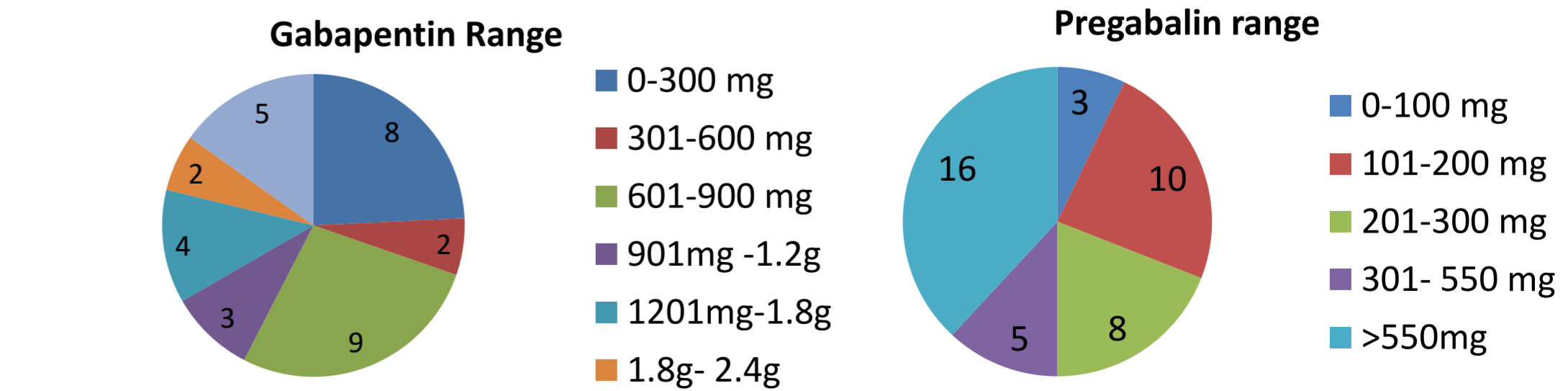
Diazepam	2012	2013	2014	2018
Total no.	63	53	30	42 (DDARS 12) (GP 30)
Monotherapy	60	52	29	35
Range	2mg-30mg	2mg-30mg	n/a	1mg - 30mg
Mean dose	15mg	15mg	12.8mg	15mg
0.5mg-5mg	0	13	n/a	12
6mg-10mg	14	7	n/a	14
11mg-15mg	10	13	n/a	9
16mg-20mg	16	10	n/a	4
21mg-25mg	4	2	n/a	1
26mg-30mg	8	7	n/a	2

Medication	2012	2013	2014	2018
Lorazepam	2	1 1mg (Not regular)	1 (Regular)	0
Clonazepam	0	1 8mg (regular reducing)	n/a	0
Nitrazepam	19	9 4 (Regular) 3 (Non regular) 2 (reduce & stop)	6 4 (Regular) 2 (Non regular)	4 3 (Regular) 1 (Regular & reduce by GP)
Temazepam	3	0	0	2

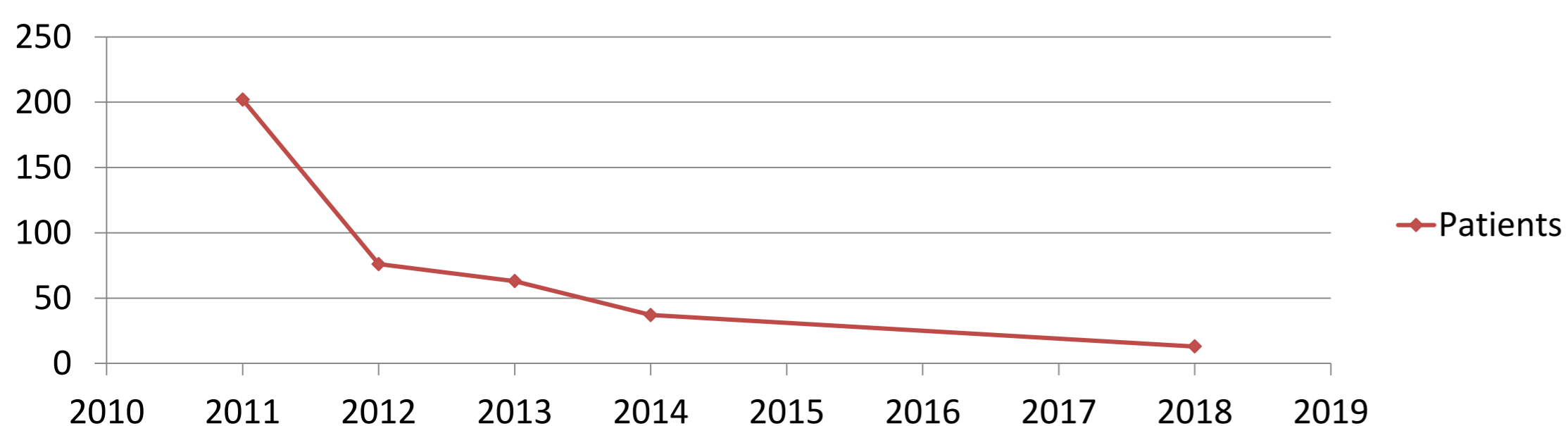


2011 GPSI led drug service	Patient Count	Item Count
Diazepam 10mg tablets	2	45
Diazepam 2mg tablets	225	596
Diazepam 2mg/5ml oral solution	3	14
Diazepam 2mg/5ml oral solution sugar free	1	5
Diazepam 5mg tablets	86	799
Diazepam 5mg tablets (Sandoz Ltd)	1	12
Lorazepam 1mg tablets	17	168
Lorazepam 2.5mg tablets	1	13
Loprazolam 1mg tablets	1	7
Temazepam 10mg tablets	139	608
Temazepam 10mg/5ml oral solution sugar free	1	1
Temazepam 20mg tablets	14	131
Zimovane 7.5mg tablets (sanofi-aventis)	1	30
Zolpidem 10mg tablets	14	76
Zolpidem 5mg tablets	3	17
Zopiclone 3.75mg tablets	36	75

Drug	Total	DDARS	GP
Gabapentin	33	0	33
Pregabalin	42	12	30



## Number of patients prescribed Benzo by DDARS



## Findings and conclusions

- Prescribers should identify the reasons for prescribing (patient's or prescriber's)
  - dependence, hypnotic, manage difficult emotions or anxiety
- Accordingly, other bio psychosocial interventions should be considered
- Started working with Primary Care to address this issue

Conflict of Interest - None