

CHANGE PACKAGE: BENZODIAZEPINES IN HOSPITALS

What are we trying to accomplish?

Physicians and other leaders in the hospital sector have developed Choosing Wisely recommendations to help reduce unnecessary benzodiazepine and sedative-hypnotics use. Their goal is to improve appropriate benzodiazepine and sedative-hypnotics management and reduce any potential associated harm from inappropriate use.

How can I use this change package?

You can use this change package to review your hospital's use of benzodiazepine and sedative-hypnotics prescriptions and identify areas for improvement.

This package contains:

- Resources to get you started
- Sample indicators to track your progress
- Links to an online forum where you can connect with others working on this change idea

Getting started resources:

Choosing Wisely partners and others have developed several resources to help you get started with your local initiative and connect with others to find out how they are implementing their changes:

- [Diving Into Overuse in Hospitals](#): A Choosing Wisely Canada starter kit for reducing unnecessary tests and treatments in hospital and for becoming a Choosing Wisely Canada hospital.
- [Less Sedatives for Your Older Relatives](#): A Choosing Wisely Canada toolkit inspired by a multidisciplinary team at the Sinai Health System in Toronto, with the aim of reducing the monthly proportion of benzodiazepine and/or sedative-hypnotic naïve inpatient prescriptions.
- [Quorum](#): An online community dedicated to improving the quality of health care across Ontario. Find examples from other organizations working on their benzodiazepine and sedative-hypnotic management.
- [Hospital Quality Improvement Plan](#): A public commitment to meet quality improvement goals. Incorporating Choosing Wisely recommendations into your Quality Improvement Plan as a custom indicator will help align quality improvement efforts for more effective change.

Suggested indicators:

Aligning your benzodiazepine management practices with Choosing Wisely recommendations can provide a starting point for tracking and making improvements. Resources available in this change package can provide specific indicators and possible change ideas you can implement to optimize benzodiazepine and sedative-hypnotics prescribing. Here are some suggested indicators from Choosing Wisely Canada's [Less Sedatives for Your Older Relatives Toolkit](#):

- Percentage of benzodiazepine and sedative-hypnotic initiations reviewed using agreed upon indications and criteria established by an interprofessional team
- Percentage of benzodiazepine and sedative-hypnotic (BSH) naïve inpatients prescribed a new BSH for sleep
- Percentage of benzodiazepine and sedative-hypnotic initiations reviewed for non-pharmacological strategies to support sleep in the hospital using agreed upon indications and criteria established by an interprofessional team
- Percentage of benzodiazepine and sedative-hypnotic patients who have received patient education regarding their use