

CHANGE PACKAGE: BENZODIAZEPINES IN LONG-TERM CARE

What are we trying to accomplish?

Physicians and other leaders in the long-term care sector have developed Choosing Wisely recommendations to help reduce unnecessary benzodiazepine and sedative-hypnotics. 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 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:

- [Health Quality Ontario's MyPractice Long Term Care Report](#): The *MyPractice* reports enable physicians working in long-term care to confidentially see their prescribing patterns in relation to peers across the province. This data can help you and your care team identify specific patients in need of attention.
- [Safer Medication Use in Older Persons Information Page](#): From the Institute for Safe Medication Practices Canada, this page provides information about the [Beers List](#) and other drugs that are potentially harmful in older patients.
- [Falls Prevention Discussion Guide](#): A guide from the Centre for Effective Practice to help providers assess falls risk and manage residents in long-term care to prevent falls and the associated comorbidities.
- [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.
- [Long-Term Care 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. Suggested indicators could include:

- Percentage of residents aged 66 and older were prescribed benzodiazepines or other sedative-hypnotics
- Percentage of residents aged 66 and older were prescribed three or more specified central nervous system (CNS)-active medications