

**壁報論文-174 Z-drugs utilization in Taiwan- population retrospective evaluation**

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**目標：**With the advantage of more favorable safety profiles of non-benzodiazepine hypnotics (in terms of Z-drugs), the use of Z-drugs is increasing, especially for the elderly. While there is potential risk of continuing use Z-drug for more than 2 weeks, it is unclear the prescription pattern of Z-drugs use in Taiwan.

**方法：**A population-based cross-sectional study was conducted using the 2006-2007 National Health Insurance (NHI) databases. The subjects for analysis were those NHI beneficiaries prescribed with Z-drugs (zolpidem, zopiclone and zaleplon). All relevant data include demographic information, visits toward physician clinics, outpatient departments, the corresponding diagnosis and use of medications in the datasets of ambulatory care. Number of Defined daily dose (DDD) was calculated. The descriptive analysis was performed to examine the utilization patterns for those users mainly in 2007 and also compared to those in 2006.

**結果：**Of 1 million random samples, there were 38,573 beneficiaries who were ever prescribed with at least one of the fifteen brands of zolpidem and zopiclone in 2007. Of which, 28% were elder patients. There were more female (62%), and average age was 53.8±17 year-old. Zolpidem was the mostly common prescribed Z-drug (96%). Approximately 20% were prescribed with Z-drugs for the corresponding diagnosis (i.e., ICD9 : 307.4, 780.5). Those users were prescribed with 120±216 DDDs of Z-drugs yearly whereas 7% exceeded 365 DDDs. 0.17% of 201,044 visits were prescribed with over recommended daily dose of Z-drugs. These prescriptions were mainly prescribed by family medicine (41.3%), internal medicine (19%) and pediatrics (10.2%). There was no record of Zaleplon use since it has not been reimbursed before 2009. Compared to utilization in 2006, Z-drug users increased by 32% in 2007.

**結論：**Upon the limitations of NHI database, only 20% Z-drugs were prescribed for insomnia problems and there was incremental use and overuse patterns in Taiwan. The high prevalence of inappropriate use on Z-drugs should be warrant for potential of drug abuse.

**關鍵字：**Z-drugs、sleep disturbance、defined daily dose

**壁報論文-175 某區域教學醫院藥物血中濃度監測系統成效評估**

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**目的：**為使病人之不良反應降至最低，增加用藥安全，針對相關藥物做藥物血中濃度的監測 (therapeutic drug monitoring; TDM)，測定藥物在血液中的分布情形，提供藥物動力學的資訊，以協助醫師調整適當的劑量與用法，使病患獲得最佳的醫療照顧。某區域教學醫院在民國99年起開始施行TDM電子系統，本研究探討藥師在TDM服務中經由評估病患用藥情形與醫師線上提出建議之後，醫師回覆結果進行討論。

**方法：**本研究採回溯性分析，統計某區域教學醫院於民國 99 年 1 月至 12 月之 TDM 服務中，藥師有提供處方建議之案件，依醫師是否給予回覆、接受藥師建議或因病患在臨床上考量不接受建議之結果統計分析。

**結果：**該年度藥師於 TDM 服務中案件數共計 198 件，分析其中經過藥師覆核後，不需向醫師建議共計 128 件；藥師覆核後有建議者共計 70 件，但其中醫師未回覆共計 12 件；已回覆共計 58 件。醫師未回覆案件中懷疑療效不足者共計 9 件，懷疑出現毒性反應者共計 3 件；在醫師回覆中案件，接受建議共計 45 件，不接受建議，因有臨床考量者共計 13 件。

**結論：**該區域教學醫院之 TDM 服務中，經藥師建議後醫師接受建議之比例為 64.2%，而未回覆比例為 17.1%，電子系統的建立在資料建檔與追蹤記錄有其便利性，但是單靠電子訊息提示作用有時仍會被忽略掉，因此藥師除了在電子系統線上提出建議內容之外，仍需主動積極追蹤病患狀況，必要時再次連絡醫師，了解未回覆之原因，以使患者能獲得最好的醫療照顧。

**關鍵字：**血中濃度監測、TDM

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