

DU3: TRENDS OF HYPNOTIC MEDICATION USE IN A 2000-BED MEDICAL CENTER IN TAIWAN

Lin H¹, Lin C², Chang C², Chou C², Chao P², Hsu C², Chang L², Hsieh Y¹, Hung JS², Huang W², Cho D²,¹China Medical University, Taichung, Taiwan, ²China Medical University Hospital, Taichung, Taiwan

OBJECTIVES: Although the evidence showed the risks of using sedative benzodiazepine (BZD) and long-terms use of non-BZD hypnotics (i.e., Z-drugs) among the elderly, it is still unavoidable to use these medications for the elderly to solve their insomnia problems. This study aimed to describe the utilization of hypnotic medications for outpatients in a 2000-bed medication center in Taiwan. **METHODS:** We conducted a secondary data analysis using China Medical University Hospital (CMUH) in-house databases. From 2007 to 2013, those outpatients ever prescribed with, estazolam, lorazepam, diazepam, alprazolam, zolpidem and zopiclone were of interest. The prescription prevalence rates of these drugs, its average number of defined daily dose (DDD), prescriber specialties and demographic characteristics of patients were examined using descriptive analyses. **RESULTS:** Those elder patients were prescribed with 133 ± 158 DDD of Z-drugs in CMUH in 2007. 7.6% of them used Z-drugs exceed 365DDD within one year. In 2009, more than 40% of all 15,815 prescriptions with BZD and Z-drug hypnotics were prescribed for patients aged 65 year or more. Of them, 44% of alprazolam, 51.1% of diazepam, 46% of estazolam, 41% of zolpidem, and 46% of zopiclone were prescribed for the elderly patients, respectively. In 2011, 40% of zolpidem users and 32% of zopiclone users were elderly. The top three prescribing specialists for Z-drugs were neurologist, cardiologist and psychiatrists in (accounted for 63.01% and 46.96% for zolpidem and zopiclone, respectively). Of 12,982 patients being prescribed with 53,330 BZD and Z-drug prescriptions in 2013, 76.9% were aged 65 year or more. The Z-drugs were still more common than BZD as a whole. **CONCLUSIONS:** While the elderly accounted for small proportion of medical care users, relatively larger proportions were prescribed with BZD and Z-drug hypnotics to manage their insomnia problems in CMUH across seven years. Further outcome assessments for such usage are necessary.