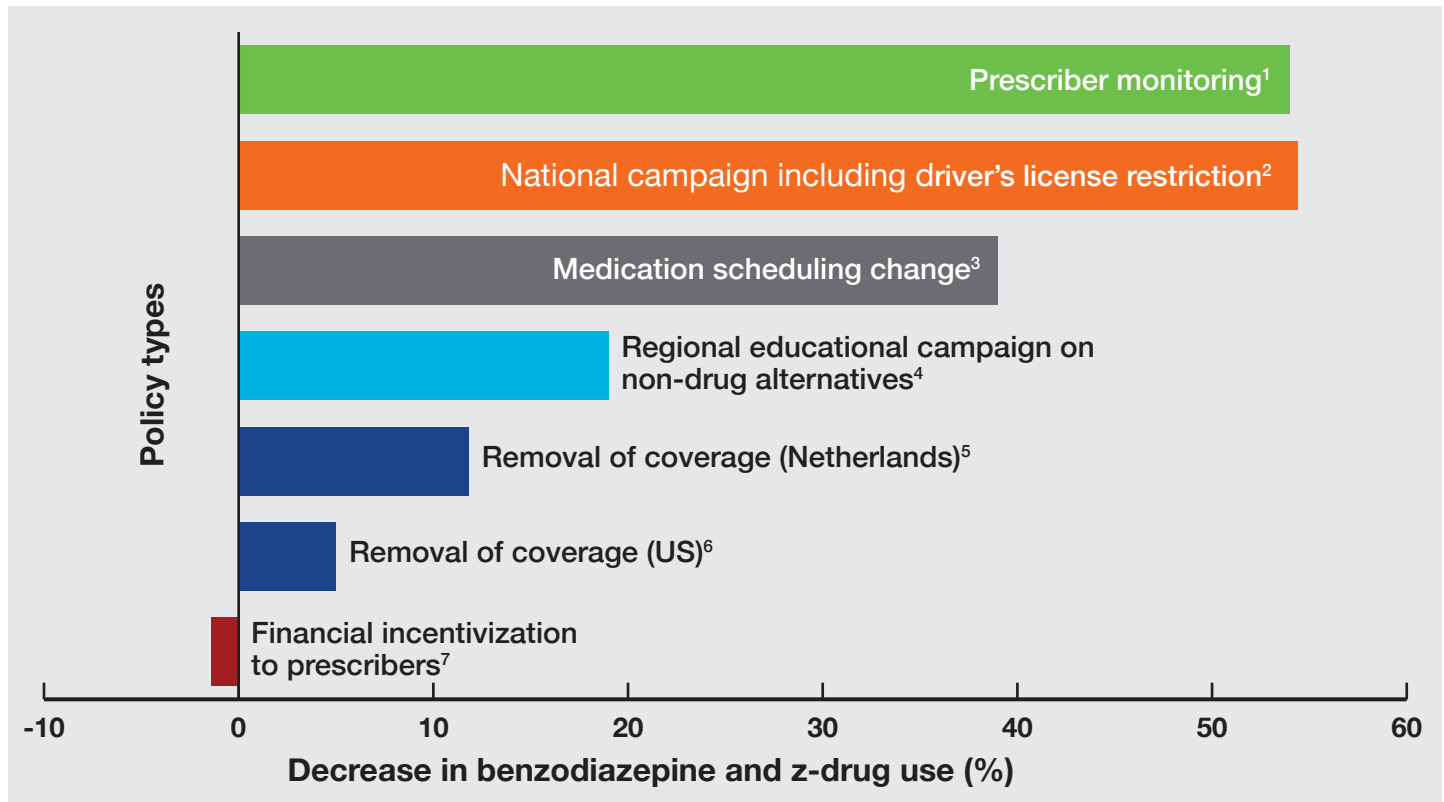









Can policies effectively reduce sedative use among seniors?
















Policy types

<p>Prescriber monitoring</p>  <p><i>New York State triplicate prescribing policy (1989)¹</i></p>	<p>National campaign including driver's license restriction</p>  <p><i>Denmark's driver's license policy (2008)²</i></p>
<p>Medication scheduling change</p>  <p><i>Rescheduling of alprazolam from a regular prescription to a controlled substance across Australia (2014)³</i></p>	<p>Regional educational campaign on non-drug alternatives</p>  <p><i>Australian awareness campaign on non-drug therapies for insomnia (1999)⁴</i></p>
<p>Removal of coverage</p>  <p><i>Netherlands delisting of benzodiazepines and z-drugs (2009)⁵</i></p>  <p><i>US Medicare Part D delisting of all benzodiazepines for community-dwelling seniors (2006)⁶</i></p>	<p>Financial incentivization to prescribers</p>  <p><i>Financial incentive to general practitioners in France to reduce benzodiazepines (2012)⁷</i></p>

Policies can be effective but at what cost? Turn the page to learn about unintended consequences



The flipside of policies: some unintended consequences

Prescriber monitoring	Medication scheduling change
 <p><i>New York State triplicate prescription monitoring program (1989)</i></p> <ul style="list-style-type: none">  Increased prescribing of other classes of medications⁸  Exacerbated health inequities for younger, black, urban-dwelling people with lower income⁹  Created problems for people with chronic psychiatric and neurological disorders⁹ 	 <p><i>Rescheduling of alprazolam from a regular prescription to a controlled substance across Australia (2014)</i></p> <ul style="list-style-type: none">  Increase in overdose deaths involving benzodiazepines (but less involving alprazolam)¹⁰  Street drug price for alprazolam doubled¹¹
Removal of coverage	Financial incentivization to prescribers
 <p><i>US Medicare Part D delisting of all benzodiazepines for community-dwelling seniors (2006)</i></p> <ul style="list-style-type: none">  Increased substitution with zolpidem because only benzodiazepines were delisted¹²  Significant out-of-pocket spending for benzodiazepines⁶  Increased prescribing of antipsychotics⁶ 	 <p><i>Financial incentive to general practitioners in France to reduce benzodiazepines (2012)</i></p> <ul style="list-style-type: none">  Net increase in prescribing of benzodiazepines⁷

Which policies would work in your jurisdiction?

For more info, contact the Canadian Deprescribing Network: info@deprescribingnetwork.ca

See the Canadian Deprescribing Network Website: www.deprescribingnetwork.ca

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