

**CHANGE PACKAGE: BENZODIAZEPINES IN PRIMARY CARE**

***What are we trying to accomplish?***

Physicians and other leaders in the primary 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:

- [Drowsy Without Feeling Lousy](#): A toolkit for reducing inappropriate use of benzodiazepines and sedative-hypnotics among older adults in primary care
- [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.
- [Primary 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. Choosing Wisely Canada's [Drowsy Without Feeling Lousy Toolkit](#) suggests the following indicators:

- 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 initiations reviewed using agreed upon indications and criteria established by a community pharmacist if no multidisciplinary team is present
- Percentage of patients 66 years of age and older currently taking a benzodiazepine or other sedative-hypnotic
- Percentage of patients taking benzodiazepine and sedative-hypnotics (BSH) who were actively engaged in shared-decision making regarding their BSH management
- For patients ready to taper from a benzodiazepine or other sedative-hypnotic, percentage using a tapering protocol