



Nomination

Mental health and addictions

Taddle Creek FHT

When Things Aren't Adding Up, Start Subtracting! - Benzodiazepine/Z-Drug Deprescribing Initiative at Taddle Creek FHT



- Taddle Creek FHT's Quality Improvement Committee and St. Michael's Hospital's Mental Health & Addiction Service Research Team, collaborated to develop the Deprescribing of benzodiazepines & Z-Drugs QI initiative - This initiative and its target outcomes were adapted from the randomized controlled trial "Reduction of Inappropriate Benzodiazepine Prescriptions Among Older Adults Through Direct Patient Education: The EMPOWER Cluster Randomized Trial" by Tannenbaum, et al. - This initiative acknowledged and addressed prescriber assumptions of patients' reluctance to change their medications and offered practical strategies for open and honest communication with patients - Patients were offered clinician and team-based support that encouraged autonomy throughout the tapering process

- Patient feedback and outcomes were documented with each quarterly audit throughout FY17-18 to capture patient experience after tapering and/or discontinuation of benzos/Z-drugs - The Social Work team at Taddle Creek FHT offered weekly Drop-In sessions to patients who were tapering benzos/Z-drugs to provide additional counselling and support during the process - The CBT-Insomnia Program at Taddle Creek FHT was revamped and expanded to offer additional support to patients – formal pre- and post-workshop patient feedback and evaluation forms, including assessment of medication changes corresponding with improved sleep quality, are completed with each workshop run quarterly