PHARMACEUTICAL INTERVENTION AFTER INAPPROPRIATE PRESCRIPTION OF ZOLPIDEM

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BACKGROUND AND IMPORTANCE

Zolpidem is a benzodiazepine-like hypnotic that acts on GABA-omega receptors in the central nervous system, indicated for the short-term treatment of insomnia.

2014 → informative note was published by The Spanish Medicines and Medical Devices Agency (AEMPS) recommending a dose of 5mg/day in elderly patients, instead of 10mg (usual dose), in order to reduce the number of cases of alterations in attention and concentration capacity.

AIM AND OBJECTIVES

Evaluate the impact of hospital pharmaceutical intervention (PI) on the prescription of zolpidem after the publication of the AEMPS informative note.

MATERIAL AND METHODS

• Multicenter and prospective intervention study
• September 2021-September 2022
• Variables collected:
  - Age
  - Sex
  - Dosage
  - Prescription of zolpidem
• PI → sending an informative note to the doctor responsible for the patients who did not comply with the AEMPS recommendation

RESULTS

N= 62 patients zolpidem treatment

PRESCRIPTIONS ADJUSTED TO THE AEMPS ALERT

✓ 25/62
37/62 X

DOSE REDUCED TO 5MG/DAY

14/37 ✓
X 23/37

The dose of the rest of patients, 62,2% (23/37), was not change, of which 87% (20/23) had the origin of the prescription at the primary care level.

CONCLUSION AND RELEVANCE

The acceptance of the PI was performed in a low number of cases due to the fact that the origin of zolpidem prescriptions is primary care. This creates the need to establish channels of communication between the primary care physician and the hospital pharmacist to report possible errors detected in their prescriptions.