

TOWARDS A MORE EFFICIENT AND EFFECTIVE USE OF PSYCHOTROPIC DRUGS IN NURSING HOMES: A QUALITY IMPROVEMENT PROJECT IN BELGIUM

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BACKGROUND

- The prevalence of psychotropic drug use in Belgian nursing homes is very high (79%)
- The use is in more than 90% of the residents chronic
- One third of the Belgian nursing home residents use multiple psychotropic drugs

➔ The Belgian government has defined the reduction of psychotropic drugs in nursing homes as a national priority and has funded quality improvement projects that tackle the injudicious use of psychotropic drugs

METHODS

- A pilot project (2013-2014) with a pre-post design in 2 nursing homes
- The intervention group received an educational trilogy given by experts on psychotropic drugs, as well as one-on-one professional support
- The professional support was provided by 2 project staff members
- The control group received education-only without professional support afterwards
- Drug use was recorded and coded according to the Anatomical Therapeutic and Chemical classification.
- Included psychotropics were antipsychotics, antidepressants and benzodiazepines
- Measurements were done at 3 time-points: at baseline (pre), after 10 months (post) and after 1 year (follow-up)

RESULTS

Box 1. Description of the population (n=119)

- Mean age of residents (n=119) was 81 (range 56-96), and 71% were females
- Dementia was the main clinical diagnosis (35%).
- Residents had a high physical dependency with a mean ADL score of 17
- Mean medication use at baseline was 9 (range 1-21)

Figure 1. Prevalence and distribution of the psychotropic drug use before and after the intervention (n=119)

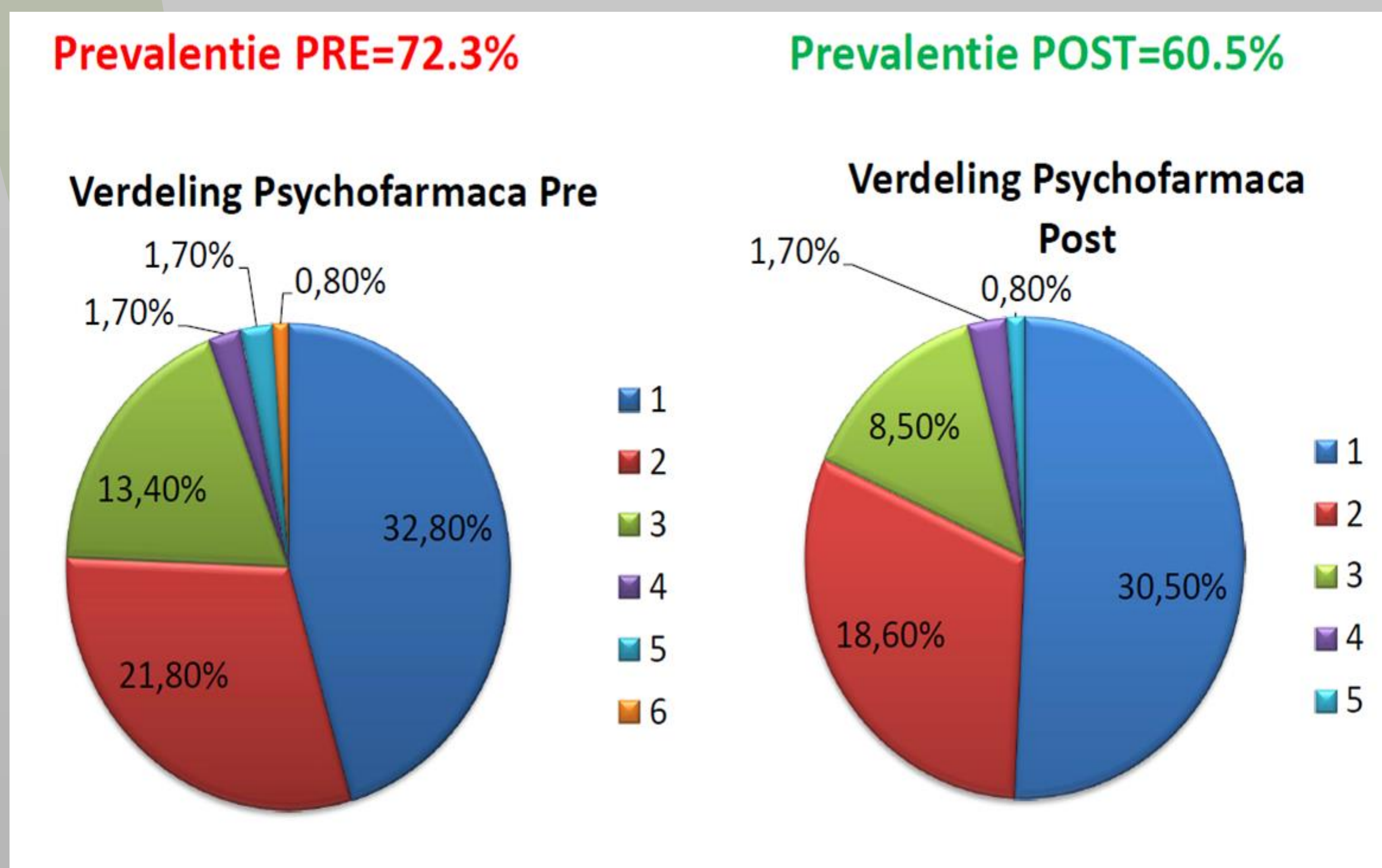


Figure 2. Psychotropic drug use at baseline, post-intervention and after 1 year.

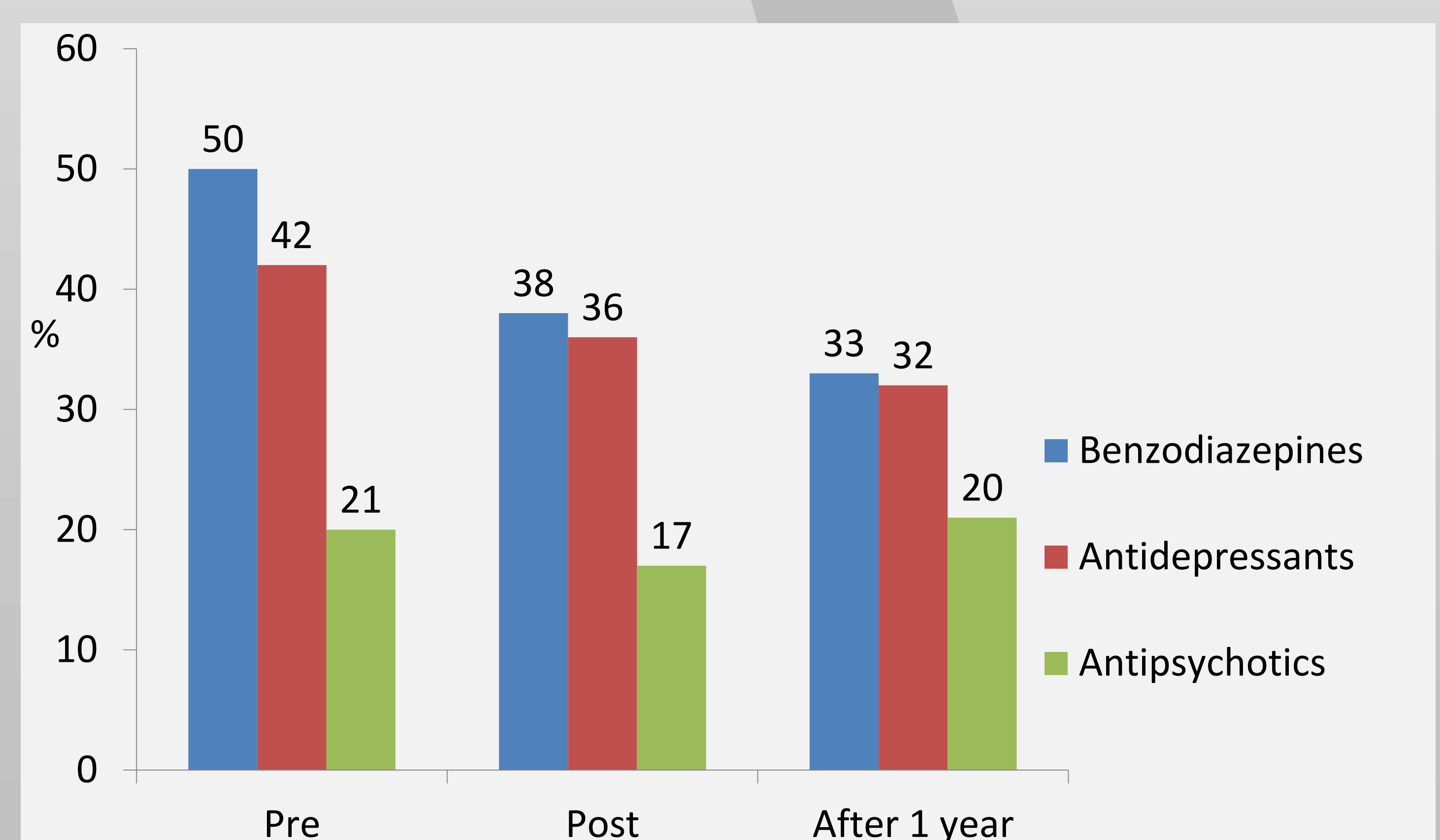
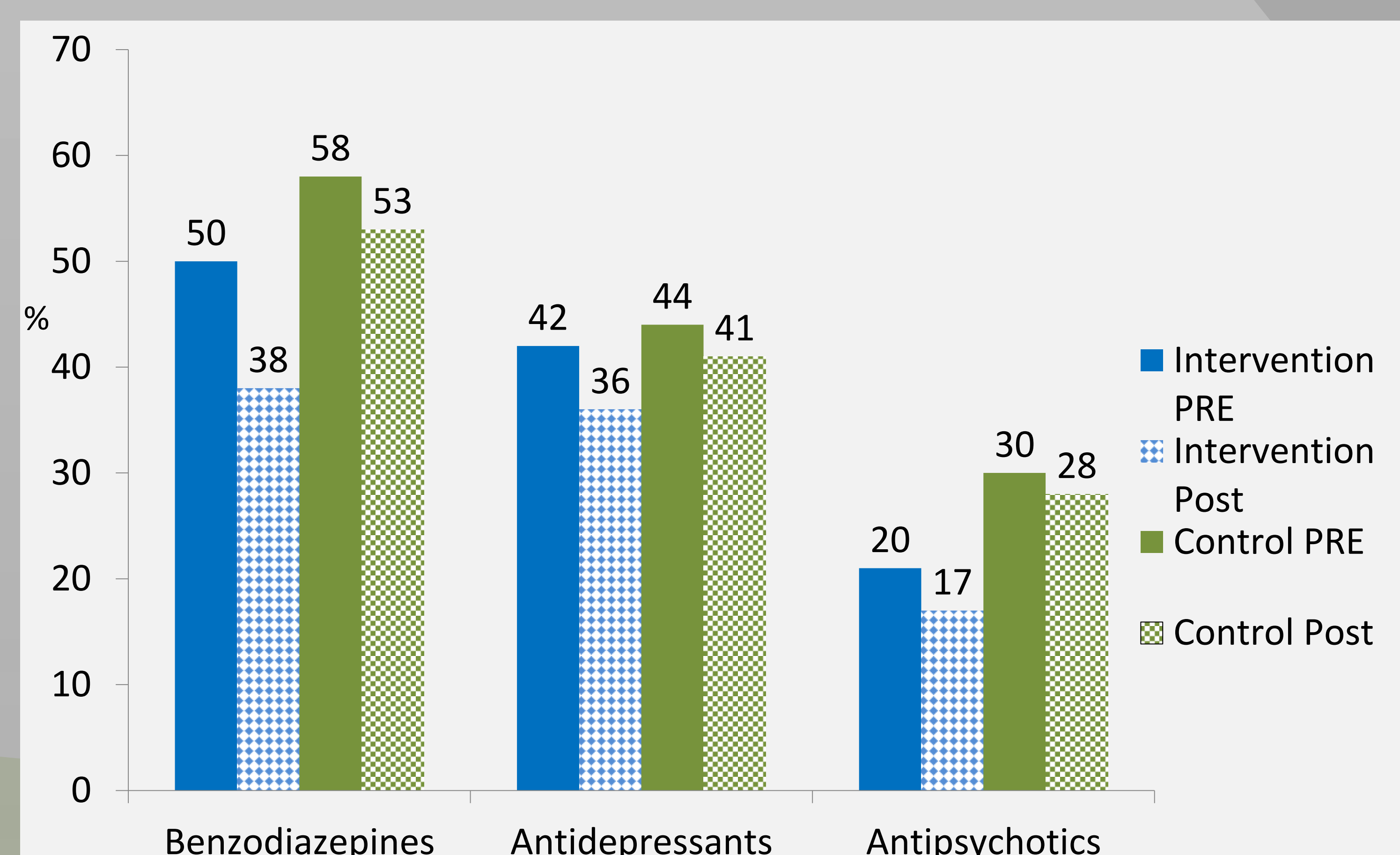


Figure 3. comparison of psychotropic drug use between intervention and control group



CONCLUSION

This improvement project led to a significant decrease in the use of psychotropic drugs, even after 1 year follow-up. Education-only had a very limited effect. The person-centered approach offered by the project staff was of a great value.