

P-1344 - THE USE OF Z HYPNOTICS (ZOPICLONE, ZOLPIDEM, ZALPELON) IN FORENSIC PSYCHIATRIC UNITS IN OXFORD, ENGLAND

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To review if 'Z-drugs' are being prescribed as per NICE guidance

- Is "Insomnia" documented in notes
- Other measures offered prior to drug prescription
- Reason documented for switching from one hypnotic to another

Method:

Reviewing notes & drug charts for 6 months duration (Jan to June 2010) for all the inpatients (74) on the 6 Forensic wards at the Littlemore Hospital

Findings:

- 3 patients were found (Zopiclone 7.5)
- PRN basis
- Insomnia : recorded on charts only
- Non pharmacologic measures: 1
- Documentation: 1
- Max duration: No
- Revision: No

Conclusions:

- Hypnotics are rarely used in Forensic units
- Only used for couple of days
- Zopiclone mainly used
- No switching
- Documentation: rare

Recommendations:

- Non pharmacological (**sleep hygiene**)
- Document entry in notes (**medical+ nursing**)
- Max duration 2 weeks (NICE)
- Larger scale (General wards)

Discussion:

- Forensic patients :HDAT & RT
- Standards followed by Trust
- Forensic patients supervised at all times
- On call doctor??
- Sleep Hygiene encouragement