

# Resources for Effective Sleep Treatment

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## Workshop Aims & Objectives

- **To raise awareness of the REST project**
- Raise awareness of
  - current situation in insomnia treatment.
  - alternative insomnia treatment options.
- To explore audience's experiences of insomnia.
- To explore the audience's perceptions of treatment for insomnia.

# REST Project

- Resources for Effective Sleep Treatment
- 3 year Quality Improvement project

- **Funded by Health Foundation** 
  - Engaging with Quality in Primary Care Awards

- **Collaborating with**

**TRENT RDSU**  
Trent Research & Development Support Unit

  
**UNIVERSITY OF  
LINCOLN**

**CHILL**  
Centre for Health  
Improvement and  
Leadership in  
Lincoln

  
**East Midlands Hub**  
UK Mental Health Research Network

Lincolnshire   
Teaching Primary Care Trust

## Background

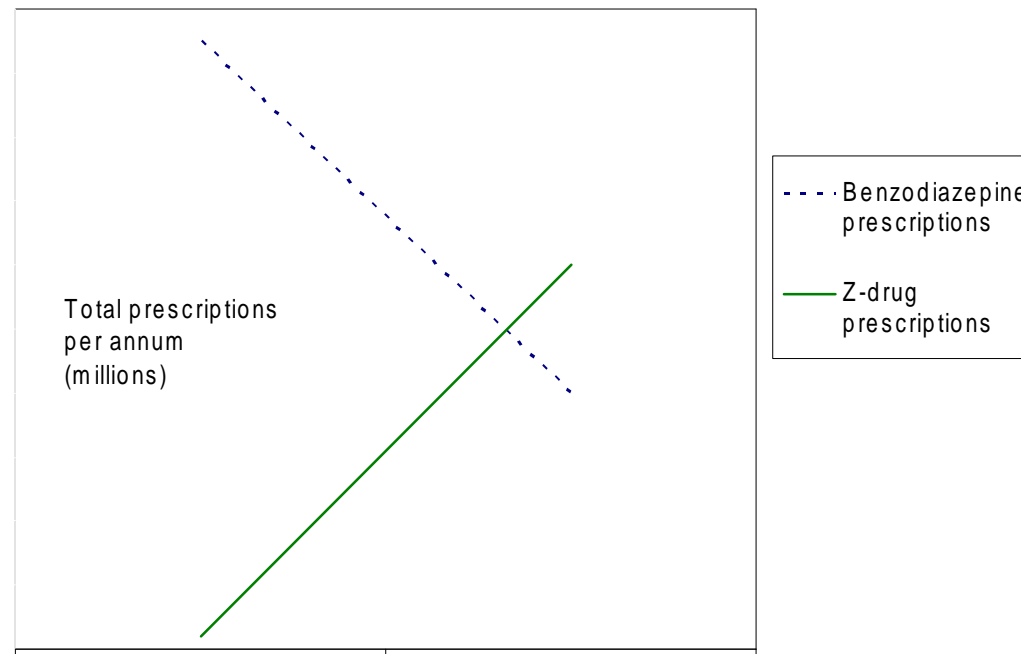
- **GP Survey**
  - Almost 80% response rate
- **Patient survey**
  - 1000 patients
- **PACT Data**
  - Average Daily Quantities prescribed per patient adjusted for age, sex and temporary residents (ADU per Star-PU)

## Background (2)

### GPs – Key findings

- **GPs Believed Z-drugs to be**
  - Safer
  - More effective
  - Preferred for majority (even unlicensed) indications
- **Contrary to National Institute for Clinical Excellence (NICE)**

# Drugs for sleep



Dundar Y, *et al.* Newer hypnotic drugs for the short-term management of insomnia: systematic review and economic evaluation. *Health Technol.Assess.* 2004;**8**:iii-125.

## Background (3)

### Patient – Key Findings

- 90% repeat prescription had originated from GP
- 66% took hypnotic every night
- 50% were suffering from side effects
  
- 20% wanted to stop taking hypnotics
- 50% of those had already tried to stop taking them
  
- 60% stated they had been taking hypnotics for 2years+

# Hypnotics

- **Potential for side effects, addiction, tolerance**
- **Evidence of long-term use [contrary to license/guidance]**
- **More harm than good in the elderly**
- **No evidence distinguishing short acting benzodiazepine and newer Z drug hypnotics**



Glass J, Lancot KL, Herrmann N, Sproule BA, Busto UE. Sedative hypnotics in older people with insomnia: meta-analysis of risks and benefits. *BMJ* 2005;331: 1169.

Dundar Y, Boland A, Strobl J, Dodd S, Haycox A, Bagust A *et al.* Newer hypnotic drugs for the short-term management of insomnia: a systematic review and economic evaluation. *Health Technol.Assess.* 2004;8:iii-125.



## REST - Aims

- **Improve the user experience of management of insomnia.**
- **Reduce rate and (costs) of z-drug prescribing by 50% in 3 years**
- **Reduce the rate (costs) of benzodiazepine hypnotic prescribing by 25% in 3 years**
- **Increase use of recorded non-pharmacological measures in insomnia**

# Project Structure – Year 1

- **Practice survey GP**
  - To provide baseline data regarding which Quality Improvement Tools are currently used in GP practices
- **Focus group patients/prescribing practitioners**
  - To investigate patient and practitioner experiences of the 10 minute insomnia consultation
- **Practice collaborative**
  - 10 GP practices across Lincolnshire tPCT piloting tools & techniques as an alternative to prescribing hypnotic drugs

# Project Structure – 3 year overview

<b>YEAR 1 2007/08</b>	<b>YEAR 2 2008/09</b>	<b>YEAR 3 2009/10</b>
<b>GP Survey</b>	<b>Cluster Randomised Trial</b>	<b>Analysis of results</b>
<b>Focus Groups</b>		<b>Interrupted Time Series Study</b>
<b>Practice Collaborative</b>		<b>Dissemination of findings</b>

## Future Hypnotics Market

 New hypnotic drug on horizon!

Serotonin antagonists set to boost the value of insomnia market

**\$6.1 Billion** → **\$7.7 Billion**

## What would you like from your GP?

- **Benzodiazepine prescription**
- **Z-Drug Prescription**
- **Advice From GP**
- **Something else**

Thank you for listening

Any questions?

