

Case study 62: Maximising sleep and minimising potential harms

(for GPs, pharmacists, nurses and other health professionals)

NPS case studies are designed to help you refine your clinical decision-making skills. After you complete and submit the case study, you will receive expert commentaries along with aggregated responses that provide a snapshot of your colleagues' responses.

Scenario

Margaret is a 54-year-old former receptionist who is visiting you for a repeat prescription of temazepam, she will finish her first pack in 10 days. She started temazepam 2 weeks ago after the sudden death of her aunt. She claims she has always been a 'light sleeper' but has been having more difficulty falling and staying asleep in the last year. She complains of waking up 2 or 3 times a night to void urine. She find that temazepam help her to fall and stay asleep.

Margaret lives alone and smokes one pack of cigarettes a day. She only drinks on weekends and at social functions. Her current medications are irbesartan 300 mg/hydrochlorothiazide 12.5 mg daily for her hypertension (which is well controlled), rabeprazole occasionally for 'heartburn' and she drinks a large cup of tea to settle her indigestion before bed. Her family history is unremarkable with respect to cardiovascular and mental illness.

On examination she is alert and oriented. Her blood pressure is 126/80 mmHg. She has a body mass index of 21 kg/m². Her renal and liver function is normal and thyroid hormone levels are in the normal range. The remainder of the examination was unremarkable.

How to participate

All participants: Complete ALL questions, fill in appropriate details and sign the consent agreement in the 'Your details' box (see over).

GPs: To be included in the **Quality Prescribing Initiative** of the **Practice Incentives Program (PIP)**, quote your **provider and prescriber numbers** in the spaces provided.

Pharmacists: This activity is recognised for continuing professional development by the Pharmaceutical Society of Australia (PSA), the Society of Hospital Pharmacists of Australia (SHPA), the Australian Association of Consultant Pharmacy (AACCP) and the Pharmacy Board of South Australia. PSA members, quote your membership number in the space provided. Other pharmacists, please self-record this activity. For details on recording participation see <http://casestudy.nps.org.au>

Complete by:
2 April 2010

Complete and submit online at:
<http://casestudy.nps.org.au>

OR

Send to: NPS
PO Box 1147
Strawberry Hills NSW 2012

OR

Fax to: (02) 9211 7579



Thinking differently
about medicines

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NPS office use only

Read the scenario overleaf and complete ALL the questions.

1. List two factors that could contribute to Margaret's sleeping difficulty?

(i) _____

(ii) _____

2. a) Would you continue Margaret's temazepam at this visit?

yes no

b) If you are continuing temazepam for Margaret, how much longer would you continue?

up to 7 days more

8–14 days more

14–28 days more

no specific duration

3. a) List the potential harm of hypnotic medicine use that most concerns you in Margaret's case.

b) Outline a strategy that you would use to minimise this harm.

4. a) Would you recommend another medicine (including complementary medicine) instead of temazepam for Margaret to help her sleep?

yes, immediately

yes, but after the completion of her temazepam tablets

no

b) If you would recommend another medicine, please specify:

Medication Dose Frequency Duration

5. a) Would you include non-drug therapy as part of your management plan to assist with Margaret's sleeping difficulty?

yes no

b) If you recommended non-drug therapy in 5a, please specify the type:

Your details

Please tick one

GP

Pharmacist

Other health professional

GP registrar

Intern pharmacist

Student – medical

Other medical specialist

Registered nurse (RN Div 1)

Student – other

Enrolled nurse (RN Div 2)

Title

Family name

Given name

Postal address

Suburb/town

State

Postcode

Phone number

GPs

Provider no.

Prescriber no.

Pharmacists (PSA members only)

Membership no.

(Other pharmacists, please self-report)

Important:

Required for you to be included in the Quality Prescribing Initiative, or receive 1 PSA credit point.

All participants must sign: I consent to these data being recorded (as applicable) for the purposes of PIP, PSA credit points and NPS evaluation.

Participant's signature

Date:

/ /

day

month

year