

STRATEGIES FOR DISCONTINUING HYPNOTIC USE

**Rocky Garrison, Ph.D., CBSM
Damon Michael Williams, RN, PMHNP-BC**



LEARNING OBJECTIVES

- ③ Describe 3 strategies for discontinuing hypnotic use
- ③ Compare outcome results of these 3 strategies
- ③ Identify 4 factors which affect withdrawal planning

RELEVANCE

- ◎ FDA WARNINGS
 - ◎ Prior to 2005
 - ◎ December, 2006
 - ◎ January, 2013

AASM GUIDELINES

(SCHUTTE-RODIN, ET AL., 2008)

- ⊙ Short-term hypnotic treatment should be supplemented with behavioral and cognitive therapies when possible
- I. Short/intermediate-acting BzRAs or ramelteon
- II. Alternative BzRAs or ramelteon
- III. Sedating low-dose antidepressant (AD)
- IV. Combination of BzRA + sedating AD
- V. Other prescription drugs

DEFINITIONS

- ◎ Abuse
- ◎ Dependence
- ◎ Discontinuation
 - ◎ Drug specific
 - ◎ Disorder specific

INSOMNIA VS. PANIC CONCEPTUALIZATION

Shared

- ⊙ Safety Behaviors
- ⊙ Anxiety Sensitivity

Insomnia

- ⊙ Biology
- ⊙ PPP Model

Panic

- ⊙ Fear of fear cycle
- ⊙ Wolves

TREATMENTS

Otto & Pollack, 2009

- ⊙ Cognitive restructuring
- ⊙ Interoceptive exposure
- ⊙ Relaxation training

Perlis, et al., 2008

- ⊙ Sleep Hygiene
- ⊙ Perpetuating factors
- ⊙ Sleep Restriction & Compression
- ⊙ Stimulus Control
- ⊙ Cognitive restructuring



RELEVANT RESEARCH

- © Morin, et al., 2004
- © Zavesicka, et al., 2008
- © Belleville, et al., 2007 & Belleville & Morin, 2008
- © Soeffing, et al., 2008

BZD STRATEGIES

- ◎ Brief Interventions
- ◎ Gradual Dose Reduction
- ◎ Psychological Interventions

BZD BRIEF INTERVENTIONS

- ◎ Brief/Minimal Intervention (OR)
 - ◎ Voshaar 1.60 – 5.10
 - ◎ Parr 2.28 – 8.40
 - ◎ Parr 1.92 – 2.55
 - ◎ Long Term Outcome (De Gier, et al., 2011)

BZD GRADUAL DOSE REDUCTION

◎ GDR (OR)

◎ Voshaar 2.00 – 18.60

◎ Parr 2.08 – 17.11

◎ GDR + PI (OR)

◎ Voshaar 2.3 – 14.2

◎ Parr 1.86 – 6.12

GDR vs GDR + PI

- ③ Parr (at cessation) 1.25 – 2.67
- ③ Parr (at follow-up) 1.19 – 2.97



PSYCHOLOGICAL INTERVENTIONS

- ⊙ relaxation training
- ⊙ psycho-education for BZD withdrawal
- ⊙ teaching strategies to address anxiety and insomnia

WITHDRAWAL ASSESSMENT

- ◎ Poly-hypnotic use
- ◎ Insomnia severity
- ◎ Anxiety level
- ◎ Self-efficacy

TREATMENT PLANNING

- ① Motivation
- ① Psychopharmacology
- ① What is Sleep
- ① Insomnia Interventions

GROUP FORMAT

Motivation

Pharmacology

Sleep

Insomnia

Relaxation Training & Support