

# Safe and Effective Prescribing: Other medications Tools

## Benzodiazepines/Z-Drugs

### Clinical Resources

- **Decision-support tool:** Manage Benzodiazepine use in older adults [using this tool](#) (*Centre for Effective Practice*)
- **Professional development:** Virtual [Academic Detailing session](#) on benzodiazepine use in older adults to get tips and tricks from an expert adapted for your practice (*Centre for Effective Practice*)
- **Decision-support tool:** Use this [algorithm](#) to help you taper the benzodiazepines and Z-drugs (*deprescribing.org*)

### Patient Resources

- **Handout:** Research has shown that mailing patients a [simple information pamphlet](#) about the harms of benzodiazepines can convince them to taper the medication (*deprescribing.org*)
- **Risk assessment tool:** Share [information on sleeping pills, anti-anxiety and sedatives](#) with patients (*Institut universitaire de gériatrie de Montréal*)
- **Handout:** [How to get a good night sleep without medication](#) (*Institut universitaire de gériatrie de Montréal*)
- **Information:** [Books, apps, and websites as well as information on cognitive behavioural therapy to manage insomnia](#) (*Sleepwell*)
- **Support:** Call ConnexOntario at 1-866-531-2600 or check online at [www.connexontario.ca](http://www.connexontario.ca) for treatment group options in your area or Call 211 or check online at [www.211Ontario.ca](http://www.211Ontario.ca) for support groups in your area

## Antibiotics

### Clinical Resources

- **Guidance:** [Recommendations on antibiotic use](#) (*Choosing Wisely*)
- **Guidance:** Review this [summary on antimicrobial prescribing](#) for managing common infections (*National Institute for Health and Care Excellence*)
- **Shared decision-making:** How to [prevent and treat bronchitis](#) (*Centres for Disease Control and Prevention*)

### Patient Resources

- **Information:** Share with your patients the following pamphlets:
  - [Cold and flu pamphlet for patients](#) (*Choosing Wisely*)
  - [UTI guidelines for older patients](#) (*Choosing Wisely*)
  - [Appropriate Use of Short-Course Antibiotics in Common Infections](#) (*American College of Physicians*)
- **Handout:** [Viral prescription pad](#) and other handouts (*Choosing Wisely*)

## Polypharmacy

### Clinical Resources

- **Professional development:** Complete a [learning module](#) to understand polypharmacy and learn deprescribing approaches (*Bruyere Continuing Care*)
- **Decision-support tool:** Use this [deprescribing tool](#) to decide which medications should be stopped or changed (*MedStopper*)
- **Guidance:** [A practical guide to stopping medicines in older people](#) (*Best Practice Journal*)

### Patient Resources

- **Risk assessment tool:** Assess the risk of taking a mixture of drugs using the [RxISK Polypharmacy Index tool for patients](#) (*McMaster*)
- **Handout & information:** Share the poster on the [five questions](#) patients can ask their health provider about their medications, especially if they are on multiple drugs (*Institute for Safe Medication Practices Canada*)