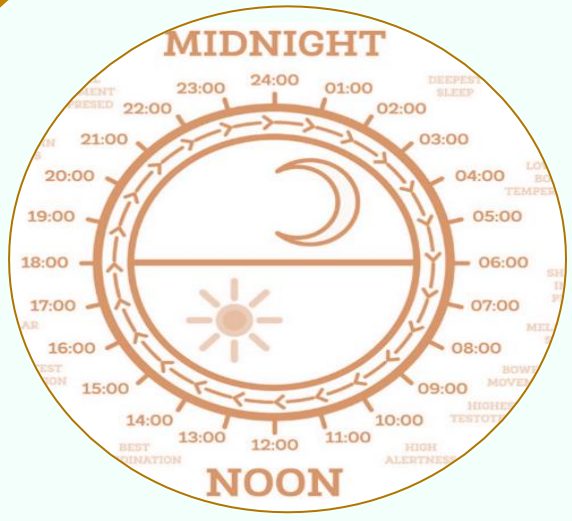


## IS MELATONIN A REAL DEAL ?

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### BACKGROUND AND IMPORTANCE



#### MELATONIN

Hormone used for treating insomnia or circadian rhythm sleep-wake disorders

For frail older inpatients with sleep deprivation its use might be interesting to **reduce polypharmacy and consumption of benzodiazepines (BZD) or hypnotic drugs** with potential serious adverse effects. In our country, drugs containing melatonin aren't reimbursed due to a **lack of evidence of efficiency**.

Our hospital has referenced it, despite sub-costs, for the treatment of **insomnia** in patients with **Lewy-Body Dementia (LBD)**.

### AIMS AND OBJECTIVES

- To assess the **compliance of Melatonin** prescriptions with our Drug Committee referencig criteria
- To assess **the co-prescription rate** of Melatonin with BZD / Hypnotic drugs
- To assess the **rate of continuation** of Melatonin by the patient within 6 months of hospitalization

### MATERIALS AND METHODS



Retrospective cohort study  
Between 1 June and 30 November 2023

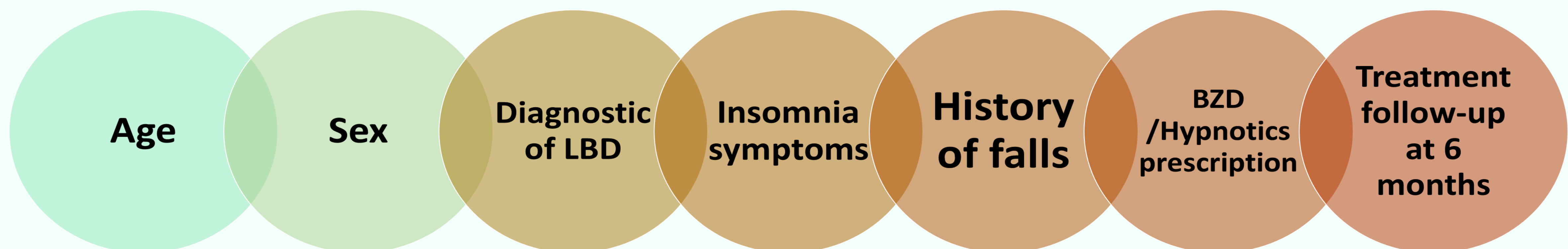


every prescriptions of Melatonin in patients aged > 75 years



in 5 acute medicine units

Data collected



### RESULTS



**96 patients included**

55.2% ♀ 44.8% ♂  
mean age = 86.2 ± 5.9 years



City pharmacies or residential care facilities contacted :

→ **continuation rate 6 months after discharge = 38,9%**

«inefficiency»  
« too expensive»

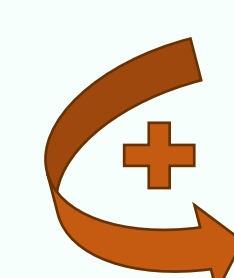
**4.2%** patients with LBD diagnosed

≠ **referencing criteria**

**62,5%** patients with BZD or hypnotics

**68,3%** with history of falls

Sleep improvement with Melatonin only = **7.5%**



with an addition of another drug = **43.4%**

### CONCLUSION

**Few prescriptions** meet our referencing criteria. Although it has been used with wider indications, Melatonin has difficulties to demonstrate its efficacy in improving the drug management of elderly inpatients as **the co-prescription rate with BZD/hypnotics is important**, even in patients with an history of falls.

Pharmacist-led interviews with an aim of **deprescribing** those drugs might be a support for the medical team to find a more secure way to treat insomnia than using profusely a "trendy" - but expensive - drug. Large-scale clinical trials are needed to determine its impact on older inpatients (**relevant dosage and indication**) and consider possible reimbursement.

