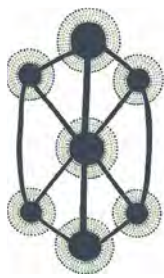


Registry of Older  
South Australians

**Antidepressants and benzodiazepines medicines dispensed before  
and after entering residential aged care:  
Preliminary report and findings from the National Historical Cohort  
of the Registry of Older South Australians**

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## Registry of Older South Australians

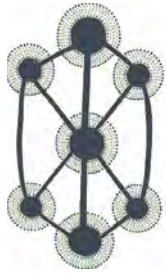
**Report Description:** This report contains descriptive information regarding dispensed benzodiazepines and antidepressant medicines for people entering permanent residential aged care in Australia between 1 July 2013 and 30 June 2015. This is a follow up to the report submitted to the Royal Commission on May 3<sup>rd</sup>, 2019 titled *“Antipsychotic medicines dispensed before and after entering residential aged care: Preliminary report and findings from the National Historical Cohort of the Registry of Older South Australians.”*

Please refer to prior report for a complete list of data sources, included cohort, definitions, and statistical analysis.

### **Additional definitions**

*Antidepressants:* This includes medicines within the Anatomical Therapeutic Chemical (ATC) subgroup N06A\*.

*Benzodiazepines:* This includes medicines within the ATC subgroup N05BA\*, N05CD\*, N05CF\* or N03AE\*.



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### Results

#### Cohort characteristics

There were 97,739 residents included in this study, see **Table 1** for details.

#### *Antidepressants*

In the three months following entry to residential aged care 38.8% (n=37,886) were dispensed at least one antidepressant (**Figure 1**). Of these residents 18.4% (n=6,954) had not received an antidepressant in the 12 months prior to entering residential aged care. **Figure 2** shows the prevalence of antidepressant dispensing by dementia status.

#### *Benzodiazepines*

In the three months following entry to residential aged care 28.6% (n=27,999) were dispensed at least one benzodiazepine (**Figure 1**). Of these residents 41.5% (n=11,618) had not received a benzodiazepine in the 12 months prior to entering residential aged care. **Figure 3** shows the prevalence of benzodiazepine dispensing by dementia status.



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**Table 1. Resident characteristics stratified by benzodiazepine and antidepressant use in the first 3 months of entering residential care.**

Characteristic	Benzodiazepine dispensed (n=27,999)	No benzodiazepine dispensed (n=69,740)	Antidepressant dispensed (n=37,886)	No antidepressant dispensed (n=59,853)
Age (years), mean (SD)	83.6 (7.4)	84.3 (7.2)	82.7 (7.2)	84.9 (7.1)
Female, n (%)	17,861 (63.8)	43,554 (62.5)	24,747 (65.3)	36,668 (61.3)
Diagnosed dementia, n (%)*	13,295 (47.5)	33,748 (48.4)	17,960 (47.4)	29,083 (48.6)
Co-morbidity score, median (IQR)**	6 (4-8)	5 (3-7)	6 (4-8)	5 (3-6)
Activity limitations, n (%)				
Domestic assistance	26,926 (96.3)	66,813 (95.9)	36,454 (96.3)	57,285 (95.8)
Transport	26,749 (95.7)	66,616 (95.6)	36,255 (95.8)	57,110 (95.5)
Social and community participation	26,186 (93.7)	65,009 (93.3)	35,548 (93.9)	55,647 (93.1)
Meals	25,884 (92.6)	64,280 (92.3)	35,200 (93.0)	54,864 (91.9)
Health care tasks	25,246 (90.3)	62,609 (89.9)	34,475 (91.1)	53,380 (89.3)
Home maintenance	23,133 (82.7)	57,347 (82.3)	31,376 (82.9)	49,104 (82.1)
Self-care	22,747 (81.4)	55,979 (80.4)	30,875 (81.6)	47,851 (80.0)
Moving around	20,596 (73.7)	51,454 (73.9)	28,129 (74.3)	43,921 (73.5)
Movement activities	9,314 (33.3)	23,449 (33.7)	12,026 (34.4)	19,737 (33.0)
Communication	6,631 (22.6)	15,879 (22.8)	8,599 (22.7)	13,601 (22.8)

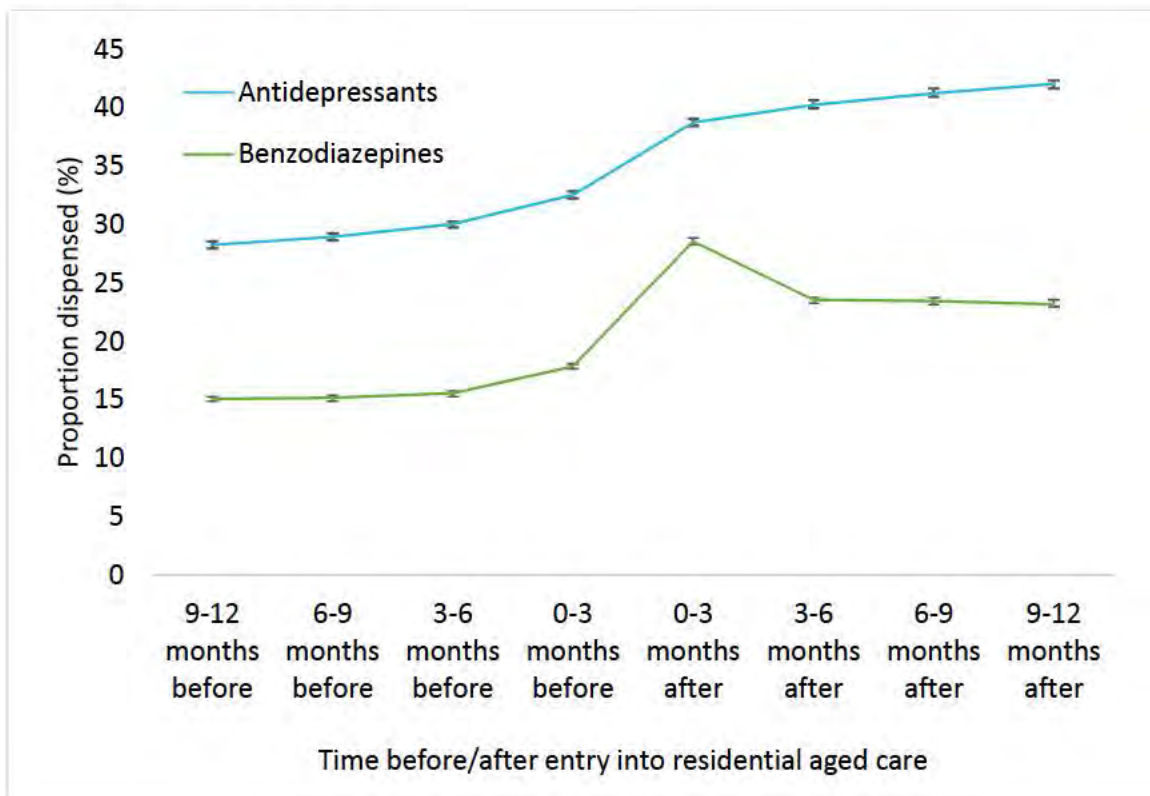
\*Dementia was ascertained if reported as a health condition in either the ACAP or ACFI assessments.

\*\*Number of comorbidities ascertained using the RX-Risk-V prescription-based co-morbidity measure<sup>7</sup> using 6 months of PBS claims data prior to entry into residential care.



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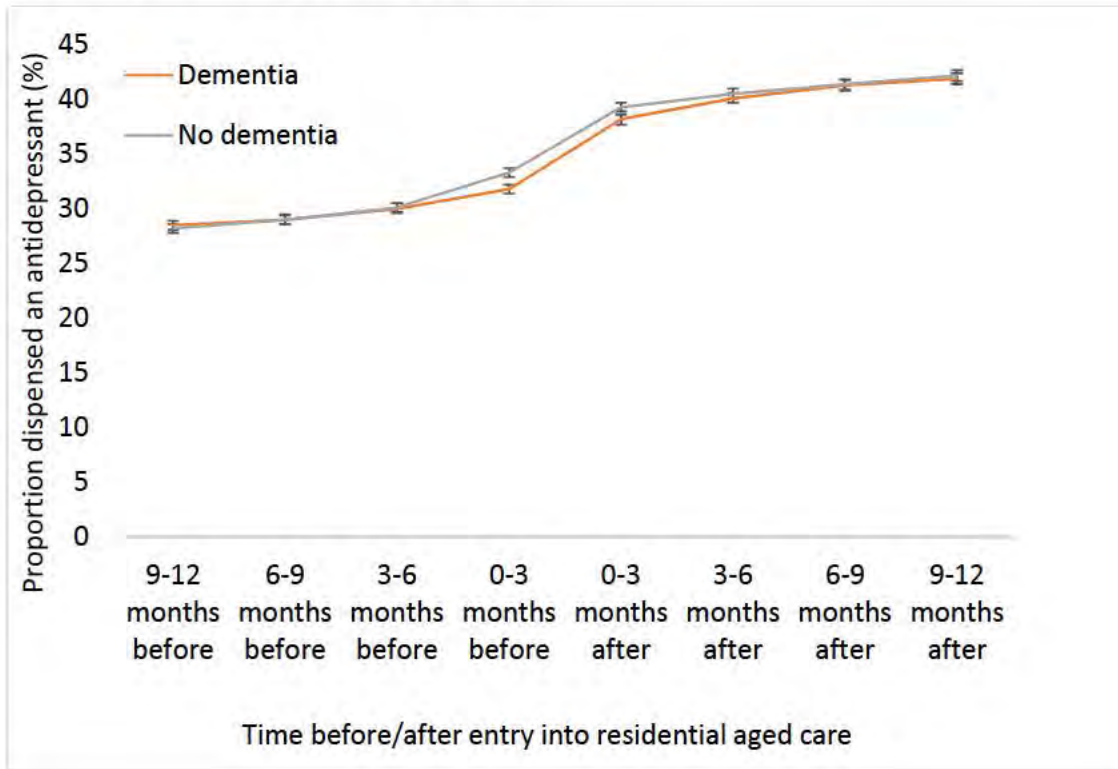
**Figure 1. Prevalence of benzodiazepine and antidepressant dispensing prior to and after entering residential aged care.**





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**Figure 2. Prevalence of antidepressant dispensing prior to and after entering residential aged care, stratified by dementia status.**





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**Figure 3. Prevalence of benzodiazepine dispensing prior to and after entering residential aged care, stratified by dementia status.**

