

Evaluation of a multi-modal educational package for GP registrars in improving guideline compliance for prescription of benzodiazepines and related drugs in general practice.

ACTRN12618000824268

Status	RECRUITING
Sponsor	Professor Parker Magin
Enrollment	624 participants

Plain Language Summary

Benzodiazepines and sleeping pills are commonly prescribed medications for anxiety and insomnia, but long-term use can cause dependence and other health problems. Australian guidelines recommend that doctors try non-drug approaches first — things like cognitive behavioural therapy for insomnia or anxiety management techniques — before prescribing these medications, and that prescriptions should be short-term. However, many patients still leave GP appointments with a prescription for these drugs when other approaches might have worked better.

This study is testing whether a targeted education package delivered to GP registrars (doctors in training) can improve how they manage anxiety and insomnia in their patients — specifically, whether they follow evidence-based guidelines more closely when it comes to prescribing benzodiazepines. The program will be delivered as a workshop and webinar series.

This study is for GP registrars — junior doctors in vocational training programs in specific regions of Australia. Patients are not directly recruited into this trial. The study measures whether educational interventions delivered to trainee GPs change real-world prescribing behaviour, which has important implications for how Australia trains its next generation of family doctors.

Key Eligibility Criteria

Inclusion (7)

- For the analyses using ReCEnT study data:
 - Intervention group: Registrars in Terms 1 and 2 of their vocational training program at one RTO (GP Synergy)
 - Comparator group: Registrars in Terms 1 and 2 of their vocational training program at two RTOs (General Practice Tasmania (GPTT) and Eastern Victoria GP Training (EVGP)).
 - For the questionnaire-based study:
 - Registrars in Terms 1 and 2 of their vocational training program at one RTO (GP Synergy) at the commencement of the study.
- ... and 2 more (see full listing online)

Exclusion (6)

- For the analyses using ReCEnT study data:
 - Registrars who do not provide consent for the data they collect as part of the ReCEnT project to be used for research purposes.
- For the questionnaire-based study:
 - No exclusions
- For the Qualitative study:
 - ... and 1 more (see full listing online)

Locations (1 total)

ACT, NSW, TAS, VIC, Australia
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000824268>

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