

Something for the Pain – Season 3

Show Notes: Episode 29: Surveying Substance Use Disorder: Benzodiazepines

Featuring: Nari Hsiu, DO, Psychiatrist and Addiction Medicine Specialist, VA Medical Center, Boise

Didactic Presentation Details

- Didactic Presenter: Nari Hsiu, DO, Psychiatrist and Addiction Medicine Specialist, VA Medical Center, Boise
- Didactic Presentation Title: “Tapering Off Benzodiazepines: The How and Why”
- Didactic Presentation Date: Nov. 11, 2021
- ECHO Idaho Series: Opioids, Pain and Substance Use Disorders
- Didactic Presentation Video: <https://youtu.be/azdNBqA7IEg>

Resources and Publications Mentioned

- Chlordiazepoxide (Librium): <https://medlineplus.gov/druginfo/meds/a682078.html>
- National Institute of Drug Abuse: <https://nida.nih.gov/>
- VA Academic Detailing: <https://www.pbm.va.gov/PBM/academicdetailingservicehome.asp>
- Carbamazepine: <https://medlineplus.gov/druginfo/meds/a682237.html>
- Stevens-Johnson Syndrome: <https://www.mayoclinic.org/diseases-conditions/stevens-johnson-syndrome/symptoms-causes/syc-20355936>
- Hydroxyzine: <https://medlineplus.gov/druginfo/meds/a682866.html>
- Buspirone: <https://medlineplus.gov/druginfo/meds/a688005.html>
- Gabapentin: <https://medlineplus.gov/druginfo/meds/a694007.html>
- Pregabalin: <https://medlineplus.gov/druginfo/meds/a605045.html>
- CBT-I: an abbreviation that’s short for Cognitive Behavioral Therapy for Insomnia
- CBT-I Coach: <https://mobile.va.gov/app/cbt-i-coach>
- PRN: abbreviation of a latin phrase “pro re nata” meaning, “as the thing is needed.”
- Doxepin: <https://medlineplus.gov/druginfo/meds/a617017.html>
- TCA: an abbreviation for tricyclic antidepressant
- Zolpidem: <https://medlineplus.gov/druginfo/meds/a693025.html>
- Clonazepam: <https://medlineplus.gov/druginfo/meds/a682279.html>
- Diazepam: <https://medlineplus.gov/druginfo/meds/a682047.html>
- Lorazepam: <https://medlineplus.gov/druginfo/meds/a682053.html>
- Klonopin: (see Clonazepam)
- Alprazolam: <https://medlineplus.gov/druginfo/meds/a684001.html>
- Xanax: (see alprazolam)
- Zaleplon: <https://medlineplus.gov/druginfo/meds/a601251.html>
- DuPont, R.L. J Addict Med, 2017.11(2) *Should patients with substance use disorders by prescribed benzodiazepines?*

Speaking Credits:

- Narrator / Host: Sam Steffen, Digital Media/Communications Specialist, ECHO Idaho, Boise
- Speaker: Nari Hsiu, DO, Psychiatrist and Addiction Medicine Specialist, VA Medical Center, Boise

- Speaker: Lachelle Smith, former ECHO Idaho director
- Speaker: Neil Ragan, MD, Family Medicine Physician, Health West, Pocatello, ECHO Idaho participant
- Speaker: Jessica Bringman, NP, ECHO Idaho participant
- Speaker: Julie Wood, MD, ECHO Idaho participant
- Speaker: Jacob Harris, MD, Psychiatry and Addiction Medicine Specialist, Boise VA Medical Center

Music Contributions:

- “ECHO Idaho Theme Song” written and performed by Sam Steffen
- Guitar instrumentals also provided by Sam Steffen