

Treating Anxiety and Withdrawal Symptoms from Benzodiazepines With the NADA Protocol

NADA Congress, Zürich, 2009

Lars Wiinblad

The Beginning (1995-2002)

- The use of benzodiazepines (Bz) was reduced with 96,4% in one unit.
- The reduction was 60% in other units.
- The use of antipsychotic medication did also decrease.
- NADA was used from the late 1997.

28

SYGEPLEJERSKEN

TIDSSKRIFT FOR SYGEPLEJERSKER • 12. JULI 1996 • 96. ÅRGANG

ECMO-
BEHANDLING
TIL LUNGESYGE
SPÆDBØRN

BENZODIAZEPINER
ÅRSAG TIL ANGST

Sygeplejersken maj 1996 (28)

Major sideeffects and withdrawal symptoms from benzodiazepines

1. Anxiety
2. Sleep disorders
3. Cognitive changes
4. Addiction
5. A number of psychological and fysical problems
(f. ex. Aggression and depression)

Feed back from patients on a psychiatric hospital

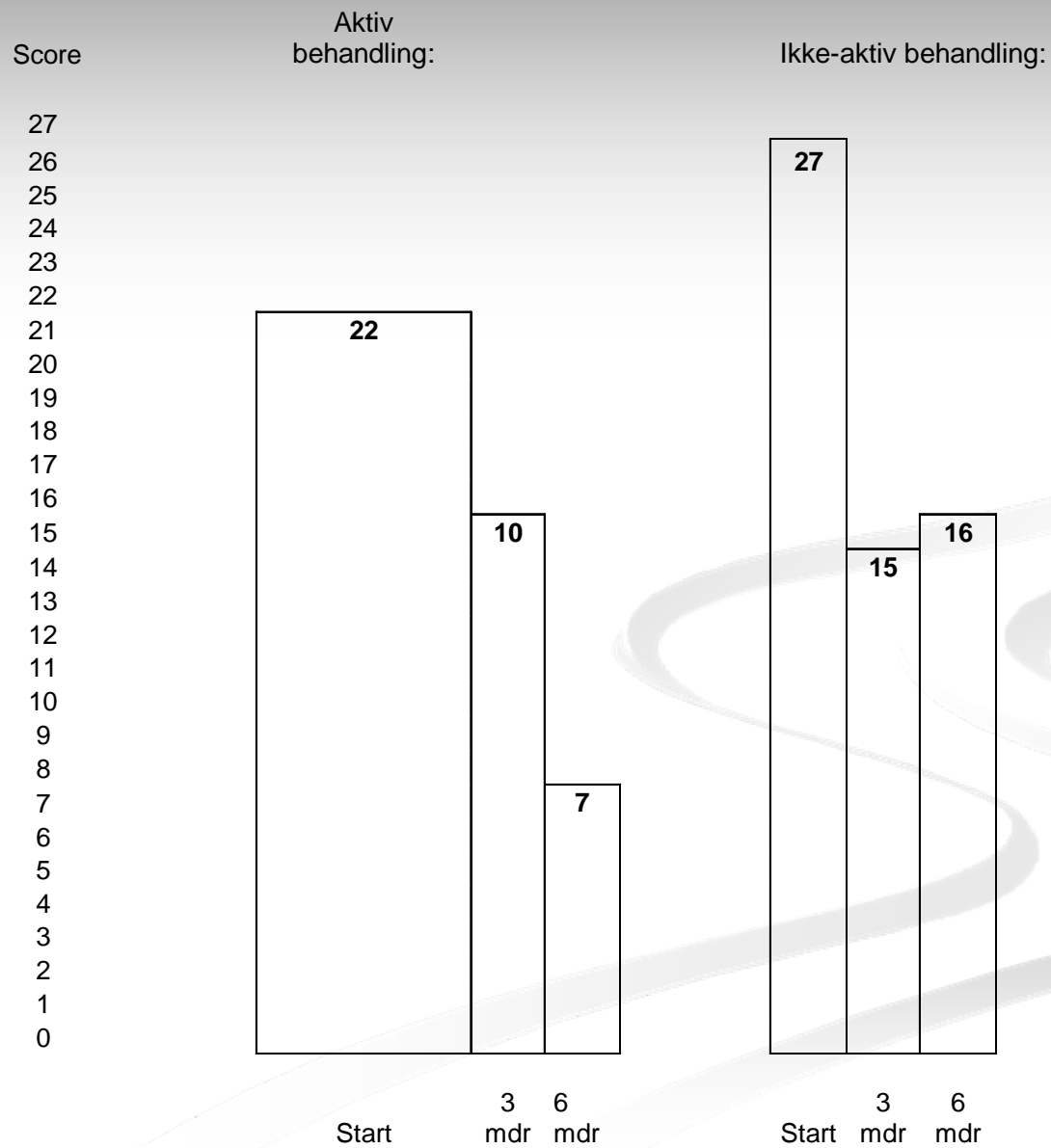
- Better sleep
- Less restless
- Less anxiety
- NADA reduces medication
- The withdrawal-symptoms are treated more effectively when the NADA Protocol is used in the proces

Questionnaire, Amtshospitalet i Nykøbing Sj., 2000

Holbæk-projektet (2002-2006)

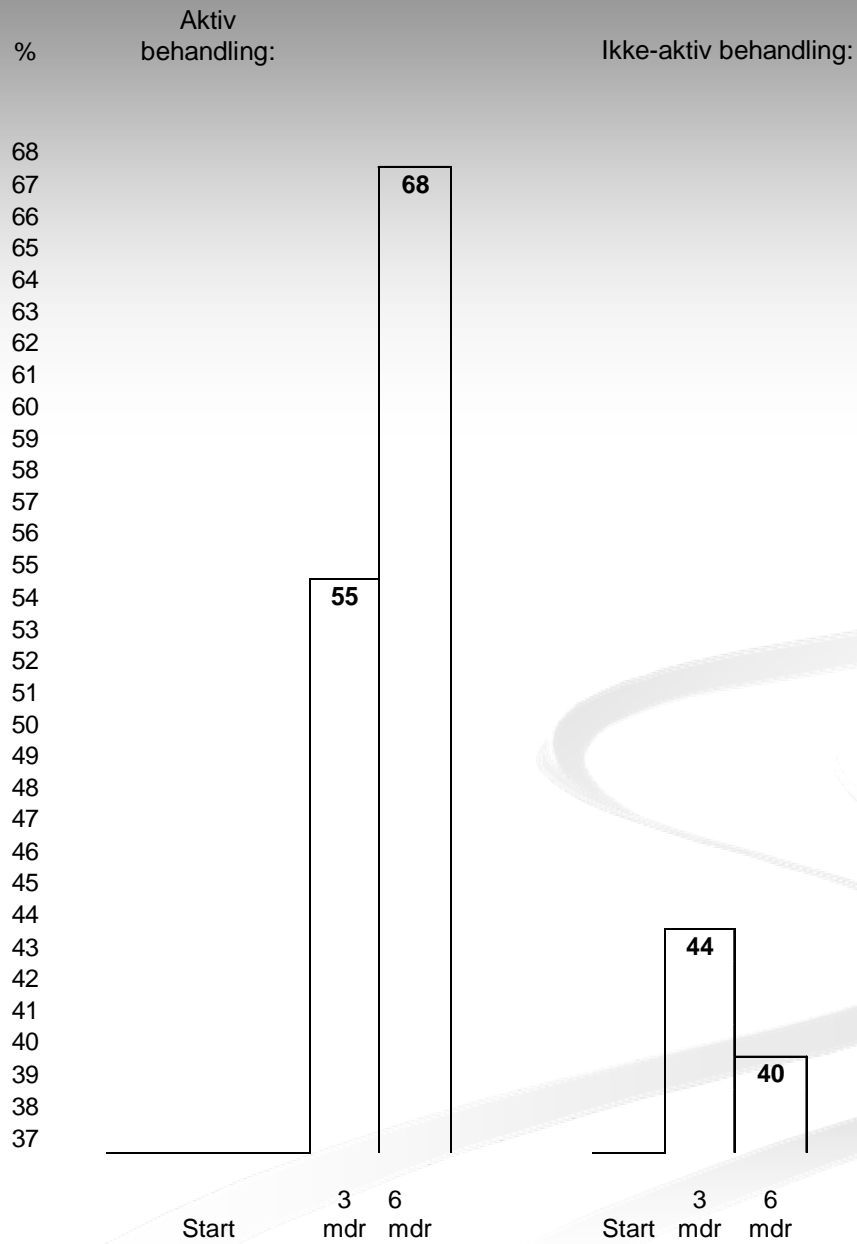
- Anxiety (>15 on Hamilton anxiety-scale)
- ”Double blind”
- NADA twice a week in 8 weeks.
- Magnetic pellets on Heart © and Shen Men
- Hamilton, GAF and Global-score repeated after 3 and 6 months.
- **Result:** 70% less anxiety in the treatment group compared to the control group measured on Hamilton Anxiety Scale.

**Hamilton angst rating
scale:
Gennemsnitsresultater:**

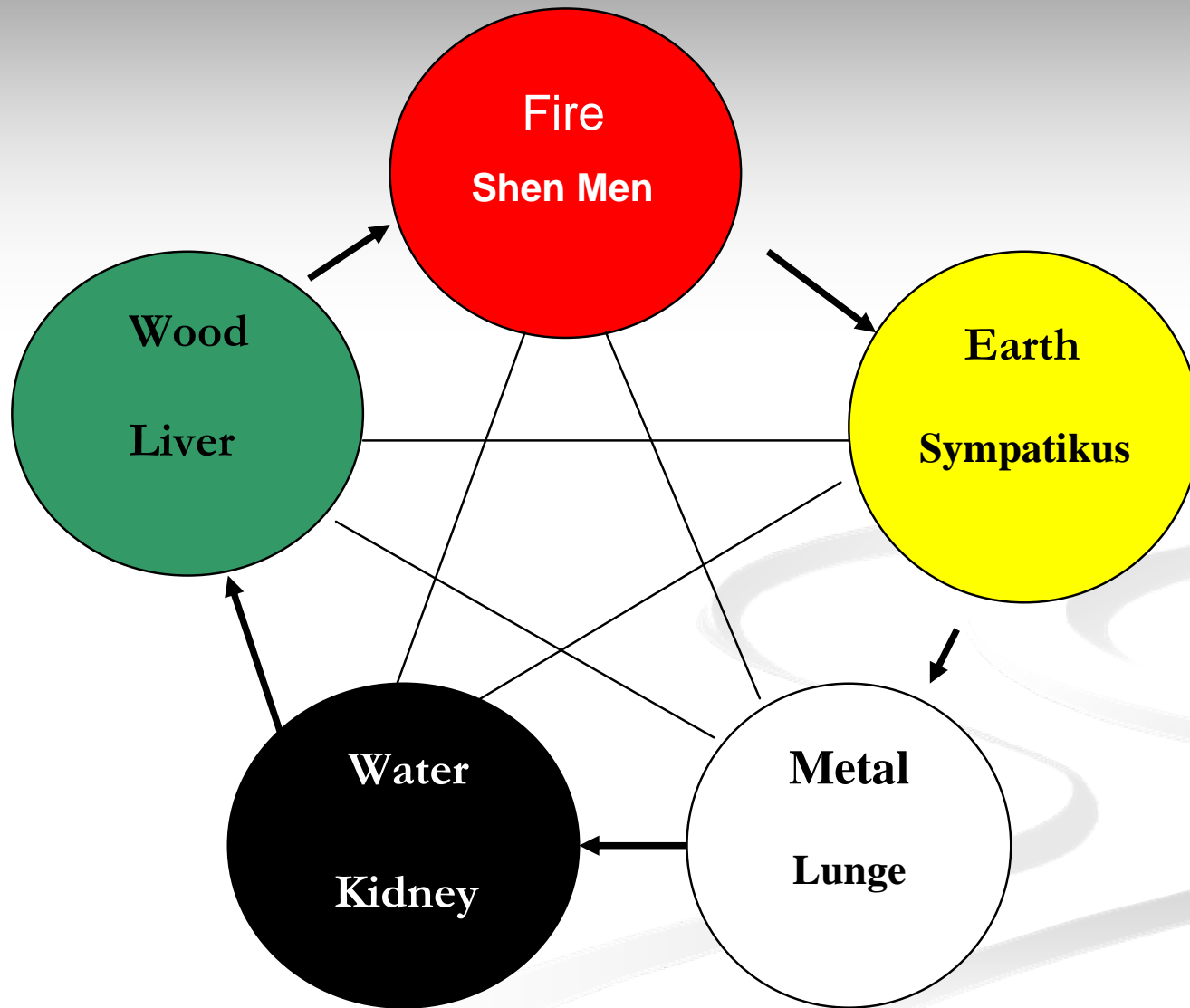


Hamilton

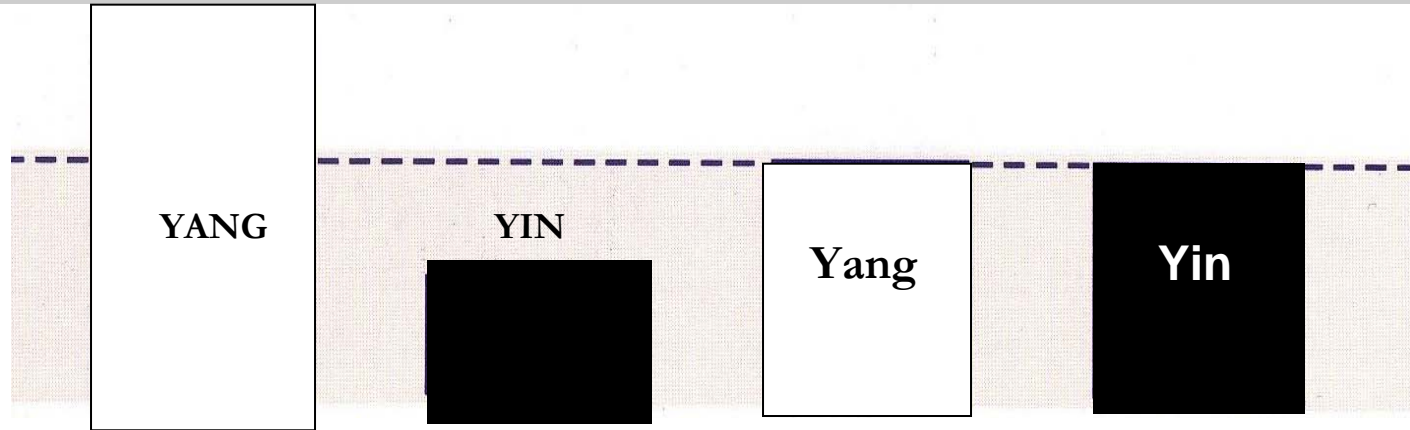
Procentvis symptomforbedring:



Sheng- og Ko-cyklus



NADA-protocol treats Yin Xu



ADHD
Violence and aggression
Psychosis
Sleeping disorders
Anxiety
Stress

Adrenalin
Stress
Aggression
Withdrawal symptoms

GABA
Control
Cognitive functions
Blood

Some side-effects and
withdrawal-symptomes from
benzodiazepines

Yin Xu Symptomes	Withdrawal-symptomes from Bz
Anxiety	Anxiety
Sleeping disorders	Sleeping disorders
Aggression and anger	Aggression and anger
Cognitive changes	Cognitive changes
Hot flushes	Hot flushes
Depression	Depression
Muscle tension, restlessness	Muscle tension, restlessness
Siezuers	Siezuers

Yin Xu and pathological changes

- **Autonomic system**
- **Blood**
- **Endocrine gland (hyperactivity or atrophy)**
- **Cortisol**
- **Tyrosine (adrenaline and dopamine)**
- **GABA**
- **Plasma adrenaline**

How real is Chinese medicine's diagnostic model? Charles Buck, York, 2002.

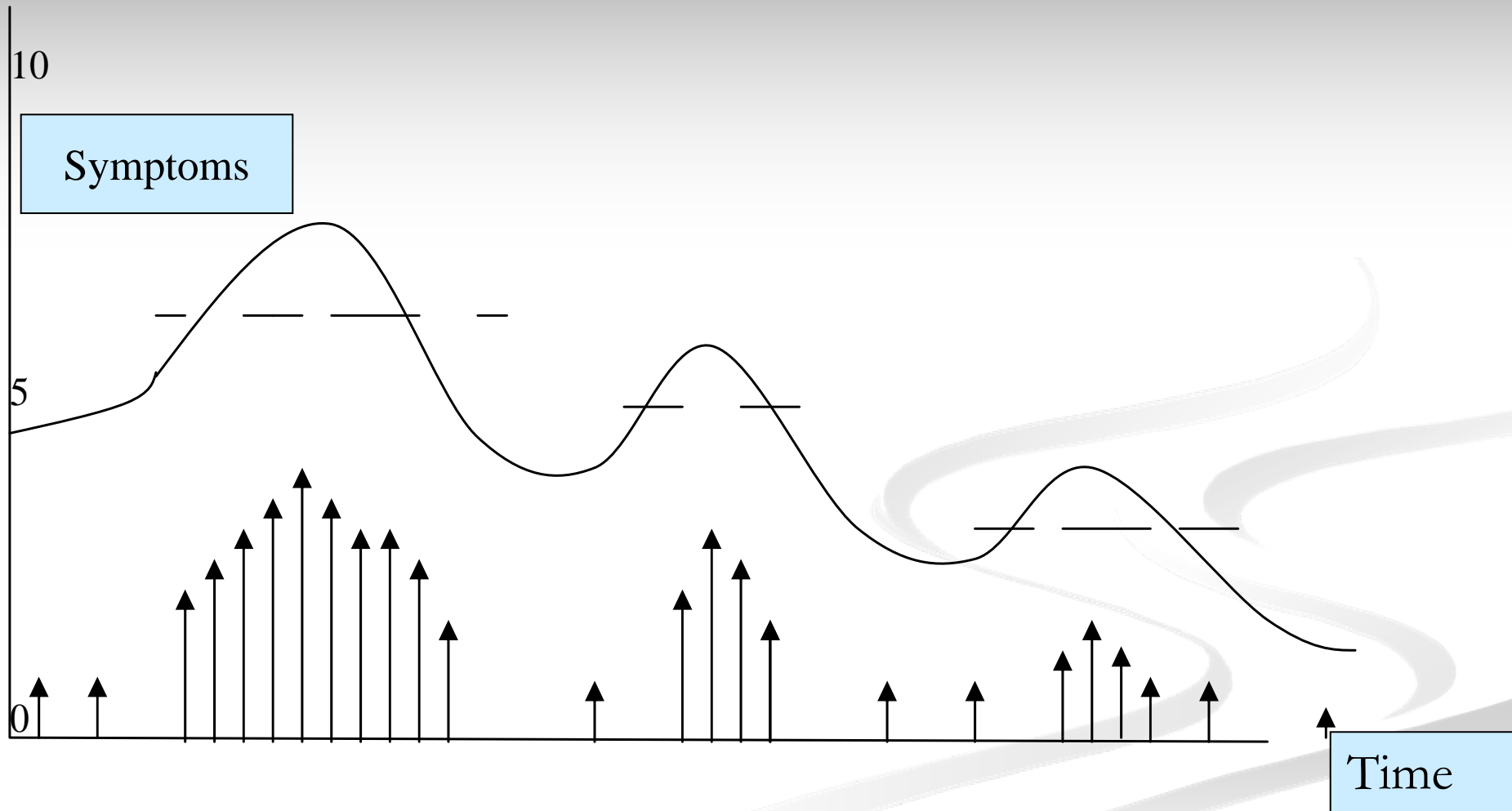
Official recommendations in Denmark

Benzodiazepines:

- Hypnotica (for anxiety): 1-2 weeks (max.).
- Anxiolytica (for better sleep): 4 weeks (max).
- Alternative solutions are first choice solution.

Danish National Health Board, Dec. 1995

Withdrawal symptoms from benzodiazepines and the use of the NADA protocol



Dual diagnose patient

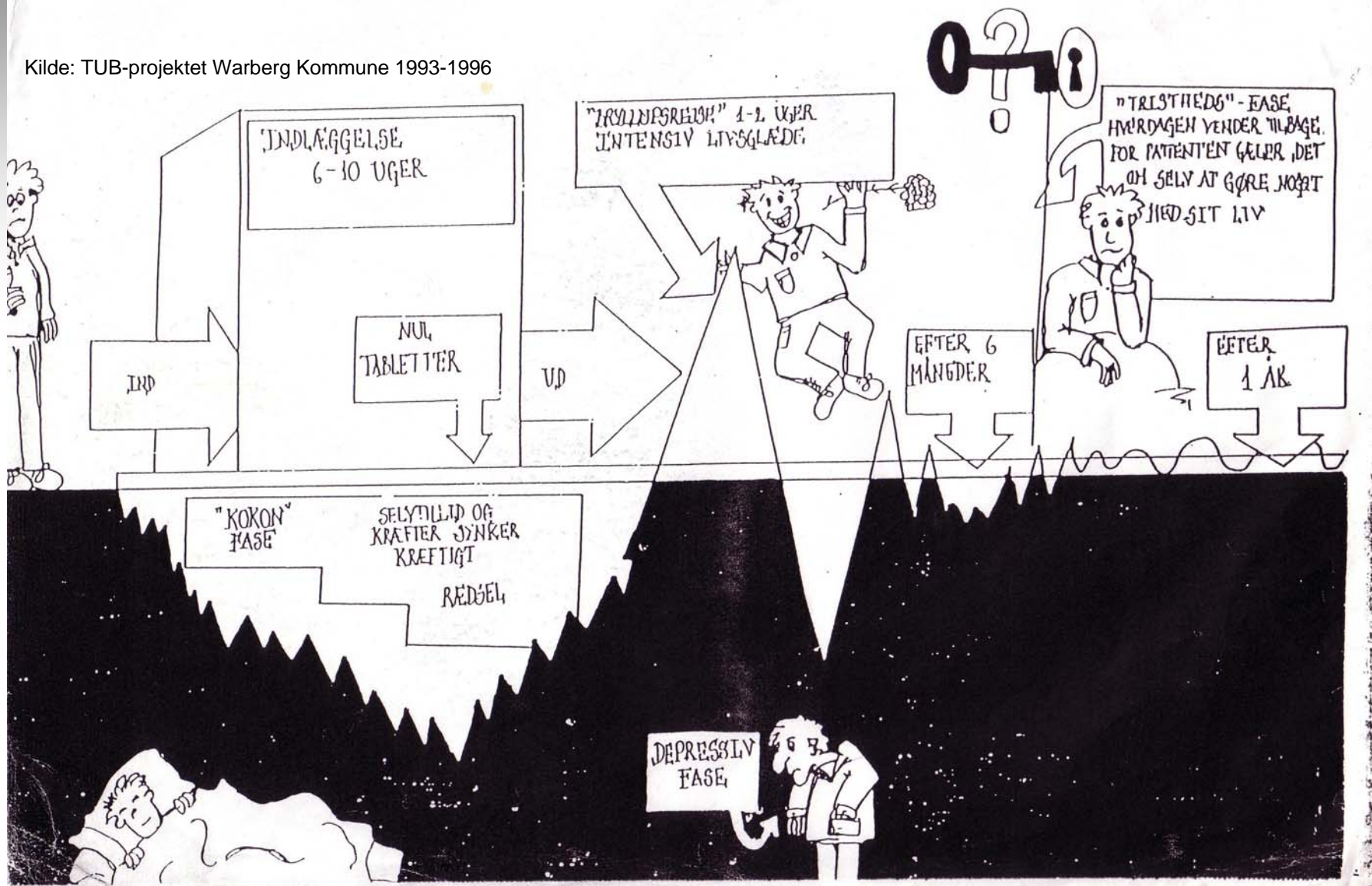
Symptoms	Number of treatments/score (0-10)				
	0	3	6	9	12
Aggression	8	5	5	4	3
Tension	10	8	6	6	5
Sleep	6	3	0	0	0
Craving	10	8	5	3	0
Restlessness	5	5	7	4	2
Feeling depressed	10	9	7	7	5

NADA-treatments: 5 times a week.

Medication: Methadone, anti psychotic medicine and four different kinds of benzodiazepines plus sleeping tablets (also Bz-type)

Rebound

Kilde: TUB-projektet Warberg Kommune 1993-1996



Long term withdrawal symptoms

Symptom	Time
■ Anxiety and stress	Months to year. Culminates after about 6 weeks.
■ Depression	Months. Antidepressiv treatment may help some. But for other patients it make the symptoms worse.
■ Disturbance of the senses	Months to years. Some symptoms may never disappear.
■ Sleep disorders	6-12 months.
■ Cognitive dysfunction	Months to year. Slowly recovery.
This can be treated with NADA and/or magnetic ear pallets	

NADA and Benzodiazepines (Bz)

- NADA treats Yin Xu (the main TCM-pattern among benzodiazepine users)
- NADA reduce most of the side-effects and withdrawal-symptoms associated with Bz.
- NADA have a positive effect on sleep, anxiety, memory, aggression, restlessness, stress, depression and relapse.
- NADA can be used in the whole process of treatment.

2009

- The health programme of Copenhagen City wants to incorporate NADA from 2010.
- Hospitals are getting interested in NADA to treat withdrawal-symptoms.
- A psychiatric hospitals are showing new interest.
- One hospital wants to use non-medication methods. They have chosen NADA as their key program.
- Evidence will be collected from all over Denmark.

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Strategies for Optimizing the Use of the NADA Protocol in Denmark

Mette Wiinblad

Why is there a need of optimizing the use of the NADA protocol in Denmark?

Sometimes the full potential of NADA is not used.

This is due to:

- Staff rotation.
- NADA is a challenge to the conventional system.
- Sometimes NADA is used to reduce symptoms only and not as a crucial part of the treatment proces.

Key elements

- **NADA-training**
- **E-mail, web and phone service**
- **Follow-up visits**
- **Supervision**

NADA-training

- The training is divided into two parts.
- The last part takes place after three months of practise.
- The implementation of NADA becomes more solid.

E-mail, web and phone service

- Hotline. We encourage the NADA-practitioners to mail or phone us about any kind of treatment related questions.
- FAQ at NADA-Denmark's website.
- Newsletter.
- Letters and web-links with information especially for administrators.

Follow-up visits

- We offer to visit the different programs.
- We find and encourage coordinators.
- We help the staff to solve problems related to their practise.
- The potential of NADA becomes more visible to patients, staff, administrators and relatives.

Follow-up visits

- YMCA
- 12 step programs
- Psychiatric units
- ADHD
- Eating disorders
- Social psychiatry
- Mimers brønd (refugees)

YMCA
Social
Work
Programme

Kristlig Dagblad
25. August 2008



Follow-up visits

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- 12 step programs
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Evalueringsrapport
Projekt

Mimers Brønd

Multietnisk værested for ældre
over 55 år i Vollsmose

Udgivet af
Odense Kommunale Ældrepleje
Aktivitet og Træning



ODENSE KOMMUNE

Supervision

- The supervision is case orientated.
- Supervision is offered typically twice a year.
- The request of supervision is increasing.
- Helps the programs to keep the focus on the potential of NADA.