

Table 6 Protocol for prescribing benzodiazepines: assess and score 4 dimensions

Indicator	1	2	3
Degree of distress	Low	Moderate	Severe
Level of dysfunction	Sleeping	Some sleep	Not sleeping
Rate of recovery	Recovering	Recovering slowly	Not recovering
Support system	Attended by a close relative	Attended by a relative	Unattended

Up to 4: reassure; 5–8: prescribe for 3 days and then stop; 9–12: prescribe for 3 days and then review.