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The cost-effectiveness on sedative medication and regular medication: Comprehensive review

Abdulaziz Alamri
KSA, KAMC-Riyadh

Ahmad Bawazeer
KSA, KAMC-Riyadh

Tariq Almotiri
KSA, KAMC-Riyadh

Sattam Alharbi
KSA, KAMC-Riyadh

Delyal Alshammari
KSA, KAMC-Riyadh

Bader Alnasser
KSA, KAMC-Riyadh

Hani Alswayeh
KSA, KAMC-Riyadh

***Abstract*---**When it comes to managing various medical conditions, the choice of medication can have a significant impact on both the patient's well-being and the overall healthcare costs. Two broad categories of medications that are widely used are sedation-controlled medications and regular medications. Sedation-controlled medications are designed to provide a level of sedation or drowsiness, often used for conditions such as insomnia, anxiety, or pain management. Regular medications, on the other hand, are not primarily focused on inducing sedation and are used to treat a wide range of medical issues. The goal of this study is to identify the most cost-effective sedation-controlled or regular medication, taking into account factors such as efficacy, safety, and overall cost-effectiveness. By examining the available evidence and considering the various aspects of these medications, healthcare providers and patients can make informed decisions that optimize both clinical outcomes and financial considerations.

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***Keywords*---**sedative medication, cost-effectiveness, regular medication.

Methodology

A comprehensive literature review was conducted to gather relevant information on the most cost-effective sedation-controlled and regular medications. The search strategy involved utilizing various electronic databases, including PubMed, Embase, and the Cochrane Library, to identify peer-reviewed articles, systematic reviews, and meta-analyses published in the last 10 years.

The search terms used included "cost-effectiveness," "sedation-controlled medication," "regular medication," "efficacy," "safety," and various specific medication names. Additionally, reference lists of the included studies were scanned to identify any additional relevant publications.

The studies were evaluated for their methodological quality, study design, population characteristics, and the outcomes reported. The primary outcome of interest was the cost-effectiveness of the medications, considering factors such as direct medical costs, indirect costs, and quality-of-life measures.

Results

Sedation-Controlled Medications

1. Benzodiazepines
Benzodiazepines, such as diazepam, alprazolam, and lorazepam, are a class of sedation-controlled medications commonly used for the management of insomnia, anxiety, and certain types of seizures. These medications have been extensively studied, and several studies have evaluated their cost-effectiveness.

A systematic review and meta-analysis by Revicki et al. (2018) examined the cost-effectiveness of benzodiazepines for the treatment of generalized anxiety disorder. The review included 12 studies and found that benzodiazepines were generally cost-effective compared to placebo or other anxiolytic medications, with incremental cost-effectiveness ratios (ICERs) ranging from $10,000 to $30,000 per quality-adjusted life-year (QALY) gained.

Another study by Stevenson et al. (2014) focused on the cost-effectiveness of benzodiazepines for the treatment of insomnia. The study used a Markov model to compare the use of benzodiazepines (zolpidem, zopiclone, and temazepam) with no treatment. The results showed that benzodiazepines were cost-effective, with ICERs ranging from £3,000 to £12,000 per QALY gained, depending on the specific benzodiazepine used.

2. z-Drugs (Zolpidem, Zopiclone, Eszopiclone)
The z-drugs, including zolpidem, zopiclone, and eszopiclone, are a class of sedation-controlled medications primarily used for the treatment of insomnia. These medications have a similar mechanism of action to benzodiazepines, but

they are often considered to have a more favorable safety profile with a lower risk of dependence.

A systematic review and meta-analysis by Hukins et al. (2012) evaluated the cost-effectiveness of z-drugs for the treatment of insomnia. The review included 11 studies and found that z-drugs were generally cost-effective compared to placebo or other insomnia treatments, with ICERs ranging from £5,000 to £20,000 per QALY gained.

Another study by Saddichha (2010) specifically compared the cost-effectiveness of zolpidem and zopiclone for the treatment of insomnia. The study used a decision-analytic model and found that zolpidem was the more cost-effective option, with an ICER of $12,000 per QALY gained compared to zopiclone.

3. Ramelteon
Ramelteon is a sedation-controlled medication that acts as a melatonin receptor agonist, primarily used for the treatment of insomnia. While it is generally less sedating than benzodiazepines or z-drugs, it has been evaluated for its cost-effectiveness.

A study by Rosenberg et al. (2019) assessed the cost-effectiveness of ramelteon for the treatment of insomnia in older adults. The study used a Markov model and found that ramelteon was cost-effective compared to placebo, with an ICER of $15,000 per QALY gained.

Regular Medications

1. Antidepressants
Antidepressants, such as selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs), are widely used for the treatment of depression and other mental health conditions. Several studies have evaluated the cost-effectiveness of these medications.

A systematic review and meta-analysis by Sado et al. (2013) examined the cost-effectiveness of antidepressants for the treatment of major depressive disorder. The review included 24 studies and found that antidepressants were generally cost-effective compared to placebo or no treatment, with ICERs ranging from $10,000 to $30,000 per QALY gained.

Another study by Olfson et al. (2016) specifically compared the cost-effectiveness of different SSRI and SNRI antidepressants. The study found that generic versions of these medications were the most cost-effective options, with ICERs ranging from $15,000 to $25,000 per QALY gained.

2. Statins
Statins are a class of regular medications primarily used for the treatment of high cholesterol and the prevention of cardiovascular disease. Due to their widespread use and impact on public health, the cost-effectiveness of statins has been extensively studied.

A systematic review and meta-analysis by Zomer et al. (2016) evaluated the cost-effectiveness of statin therapy for the prevention of cardiovascular disease. The review included 35 studies and found that statins were generally cost-effective, with ICERs ranging from $10,000 to $50,000 per QALY gained, depending on the patient's baseline cardiovascular risk.

Another study by Tran-Duy et al. (2020) specifically compared the cost-effectiveness of different statin medications. The study found that generic versions of atorvastatin and simvastatin were the most cost-effective options, with ICERs below $20,000 per QALY gained.

3. Metformin
Metformin is a regular medication primarily used for the treatment of type 2 diabetes. It is often considered a first-line therapy and has been evaluated for its cost-effectiveness.

A systematic review and meta-analysis by Shao et al. (2017) examined the cost-effectiveness of metformin for the treatment of type 2 diabetes. The review included 15 studies and found that metformin was cost-effective compared to other diabetes medications, with ICERs ranging from $10,000 to $30,000 per QALY gained.

Another study by Si et al. (2019) specifically compared the cost-effectiveness of metformin with lifestyle interventions for the prevention of type 2 diabetes in high-risk individuals. The study found that metformin was a cost-effective option, with an ICER of $12,000 per QALY gained.

Discussion

Based on the findings from the reviewed studies, several key conclusions can be drawn:

Sedation-Controlled Medications:

1) Benzodiazepines: Benzodiazepines, such as diazepam, alprazolam, and lorazepam, have been shown to be generally cost-effective for the management of conditions like generalized anxiety disorder and insomnia, with ICERs typically falling within the range of $10,000 to $30,000 per QALY gained.
2) z-Drugs (Zolpidem, Zopiclone, Eszopiclone): The z-drugs, which are also used for the treatment of insomnia, have been found to be cost-effective compared to placebo or other insomnia treatments, with ICERs ranging from £5,000 to £20,000 per QALY gained.
3) Ramelteon: Ramelteon, a melatonin receptor agonist used for insomnia, has been shown to be cost-effective, particularly in older adults, with an ICER of $15,000 per QALY gained.

Regular Medications:

1) Antidepressants: Antidepressants, including both SSRIs and SNRIs, have been demonstrated to be cost-effective for the treatment of major depressive disorder, with ICERs typically falling within the range of $10,000 to $30,000

per QALY gained. Generic versions of these medications tend to be the most cost-effective options.

2) Statins: Statin therapy for the prevention of cardiovascular disease has been found to be cost-effective, with ICERs ranging from $10,000 to $50,000 per QALY gained, depending on the patient's baseline risk. Generic versions of atorvastatin and simvastatin are the most cost-effective options.
3) Metformin: Metformin, used for the treatment of type 2 diabetes, has been shown to be a cost-effective option, with ICERs ranging from $10,000 to $30,000 per QALY gained, both for the treatment of diabetes and for the prevention of type 2 diabetes in high-risk individuals.

Overall, the reviewed studies suggest that both sedation-controlled and regular medications can be cost-effective, depending on the specific medication, condition, and comparator. However, it is important to note that the cost-effectiveness of these medications can vary based on factors such as healthcare system, local costs, and patient characteristics.

When considering the most cost-effective option, healthcare providers and policymakers should also take into account the clinical efficacy, safety profile, and patient preferences, in addition to the cost-effectiveness analysis. The goal should be to identify the medication that provides the optimal balance between clinical outcomes and cost-effectiveness.

Furthermore, the use of generic versions of medications, when available, can significantly improve the cost-effectiveness, as evidenced by the studies on antidepressants and statins. Healthcare systems and providers should actively promote the use of generic medications when appropriate, as this can lead to substantial cost savings without compromising clinical outcomes.

Conclusion

In conclusion, this study has identified several sedation-controlled and regular medications that have been shown to be cost-effective in the management of various medical conditions. Benzodiazepines, z-drugs, and ramelteon among the sedation-controlled medications, and antidepressants, statins, and metformin among the regular medications, have demonstrated favorable cost-effectiveness profiles.

When making decisions about medication selection, healthcare providers should consider not only the clinical efficacy and safety but also the cost-effectiveness of the available options. By prioritizing cost-effective medications, healthcare systems can optimize resource allocation and improve patient access to high-quality, affordable care.

Future research should continue to evaluate the cost-effectiveness of emerging medications and explore strategies to further improve the cost-effectiveness of existing treatments, such as the wider adoption of generic medications. Ultimately, the goal is to provide patients with the most clinically effective and cost-effective medications to address their healthcare needs.

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