**Preoperative Midazolam and Patient-Centered Outcomes of Older Patients**

**The I-PROMOTE Randomized Clinical Trial**



Preoperative anxiety is a common issue experienced by patients of all ages. One possible solution to help curb this anxiety is the administration of preoperative benzodiazepine medication. While guidelines have recommended against benzodiazepine premedication for older patients due to risks of complications like delirium, data from one large academic health system found 66% of patients aged 65 to 74 years received midazolam during anesthetic care. Using this medication is believed to help relieve the preoperative anxiety in older patients and ultimately improve postoperative patient satisfaction. As a result, this randomized controlled trial [Impact of Preoperative Midazolam on Outcome of Elderly Patients (I-PROMOTE)] was conducted to assess the effect of oral midazolam on patient satisfaction.

In this large multi-center trial based in Germany, patients aged 65-80 years old undergoing elective inpatient surgery were included. The surgery was required to have a planned duration of at least 30 minutes, use general anesthesia, and involve planned extubation following surgery. The patients received either 3.75 mg of oral encapsulated midazolam or placebo 30 to 45 minutes before surgery. Additionally, patients were followed up on postoperative day 1 to rate their overall patient satisfaction using the self-reported EVAN-G questionnaire.

Ultimately, the administration of low-dose midazolam prior to surgery did not affect perioperative patient satisfaction when compared to placebo. Even among patients with high levels of anxiety prior to surgery (18%), the treatment group did not significantly benefit from premedication with midazolam. Overall, these findings highlight the need to carefully consider the use of premedication with anxiolytics in older patients, as a clear benefit in patient satisfaction has not been demonstrated.

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