



Søgeprotokol for NKA Nationale Kliniske Anbefalinger

Projektitel/aspekt	NKA Melatonin til børn og unge ved soveproblemer
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Senest opdateret	06.09.2021

Baggrund	<p>Farmakologisk behandling af søvnforstyrrelser hos børn og unge i Danmark omfatter primært melatonin. Syntetisk melatonin har effekt ved søvnforstyrrelser hos børn og unge, men effekten er primært undersøgt blandt børn med ADHD, autisme og neurologisk sygdomme/udviklingsforstyrrelser. Modsat andre sovemidler, er der ikke beskrevet tolerans eller afhængighed ved brug af melatonin, ligesom der ikke er kendte alvorlige bivirkninger. Langtidsvirkningerne er dog sparsomt belyst og der er på nuværende tidspunkt ikke tilstrækkelig viden til at kunne udelukke skadelige virkninger ved langtidsbrug. Sundhedsstyrelsen anbefaler brug af melatonin ved søvnforstyrrelser hvor søvnhygiejniske indsatser ikke har tilstrækkelig effekt, til både børn og unge med ADHD og med autisme. Sundhedsstyrelsen vurderer, på baggrund af den generelle stigning i forbruget af melatonin hos børn og unge, at der også er behov for at udarbejde nationale kliniske anbefalinger for behandling med melatonin til børn og unge med søvnforstyrrelser, der ikke er omfattet af de hidtidige anbefalinger. Ved udarbejdelse af nye anbefalinger ønsker vi at afklare de gavnlige og skadelige virkninger af behandling med melatonin til søvnforstyrrelse hos børn og unge inklusiv eventuelle langtidsbivirkninger.</p>
Generelle søgetermer	<p>Engelske: Melatonin, sleep problems, sleep disorders, children, adolescence Danske: Melatonin, søvnproblemer, søvnforstyrrelser, børn, unge Norske: Melatonin, søvnproblemer, søvnvansker, barn, unge Svenske: Melatonin, sömnproblem, sömnstörning, barn, ungdomar</p>
Inklusions- og eksklusionskriterier	<p>Sprog: Engelsk, dansk, norsk og svensk År: 2011-2021 Population: Børn og unge Publikationstyper: Guidelines, MTV</p>



Databaser	Interface	Fund	Dato for søgning
G-I-N International	http://www.g-i-n.net/	10	02.09.2021
NICE (UK)	http://www.nice.org.uk/	18	02.09.2021
Trip Database	https://www.tripdatabase.com/	11	02.09.2021
Scottish Intercollegiate Guidelines Network (SIGN)	http://sign.ac.uk	0	02.09.2021
HTA Databasen (CRD database)	http://www.crd.york.ac.uk/CRDWeb/	24	02.09.2021
Netpunkt	https://old.netpunkt.dk	0	02.09.2021
SBU, Sverige	http://www.sbu.se	0	02.09.2021
Socialstyrelsen, Sverige	http://www.socialstyrelsen.se	0	02.09.2021
Helsedirektoratet, Norge	https://helsedirektoratet.no/	0	02.09.2021
FHI, Norge	http://www.fhi.no/	1	02.09.2021
Center for Kliniske Retningslinjer (CFKR)	https://cfkr.dk	0	02.09.2021
NHMRC, Australien	https://www.clinicalguidelines.gov.au/	0	02.09.2021
CPG Infobase: Clinical Practice Guidelines, Canada	https://joulecma.ca/cpg/homepage	1	02.09.2021
CADTH	https://www.cadth.ca	2	02.09.2021
American Academy of Sleep Medicine	https://aasm.org/clinical-resources/practice-standards/practice-guidelines/	1	02.09.2021
European Sleep Research Society	https://esrs.eu/	1	02.09.2021

MEDLINE	OVID	168	06.09.2021
EMBASE	OVID	329	06.09.2021
PsycInfo	OVID	108	06.09.2021
CINAHL	EBSCO	151	06.09.2021

Fund i alt (efter dubletsortering): 0 referencer

Note:

- Guidelines fra firmaet Hayes er fra valgt for denne NKR
- Søgetermer og inklusions- og eksklusionskriterier er tilpasset de enkelte databaser.
- Dubletter er så vidt muligt frasorteret ved hjælp af RefWorks.
- De fundne referencer er overført til Covidence til brug for fagkonsulenten og arbejdsgruppen.
- Fuldtekster præsenteres i Covidence i pdf-format eller som link
- Søgestrategi for hver enkelt database præsenteres – hvis muligt vises det eksplicit hvor mange referencer den enkelte søgestreng genererer
- Covidence = webbaseret referencehåndteringssystem og kvalitetsvurderingsværktøj
- MAGIC = online skabelonværktøj til guidelines

SØGESTRATEGI

GIN

10 fund

Søgt på:

Sleep OR insomnia*

1. Bruxismus, Diagnostik und Therapie. S3-LL (DGZMK)
2. Diagnosis of Obstructive Sleep Apnea in Adults: A Clinical Practice Guideline From the American College of Physicians
3. EAN/ERS/ESO/ESRS statement on the impact of sleep disorders on risk and outcome of stroke
4. First-line treatment of sleep disorders and insomnia in adults
5. Guidelines on the diagnosis, clinical assessments, treatment and management for CLN2 disease patients
6. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians
7. Management of Obstructive Sleep Apnea in Adults: A Clinical Practice Guideline From the American College of Physicians
8. Strategies to manage sleep in residents of aged care facilities (Best Practice 8(3))
9. Working with Families to Promote Safe Sleep for Infants 0-12 Months of Age
10. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians

NICE

7 fund

Søgt på:

NICE Guidance – Lifestyle and wellbeing – Sleep and sleep conditions

0. Obstructive sleep apnoea–hypopnoea syndrome and obesity hypoventilation syndrome

Product type:

Pathway

Last updated:

20 August 2021

1. Obstructive sleep apnoea/hypopnoea syndrome and obesity hypoventilation syndrome in over 16s (NG202)

Programme:

NICE guideline



SUNDHEDSSTYRELSEN

Published:

20 August 2021

2. [Hypoglossal nerve stimulation for moderate to severe obstructive sleep apnoea \(IPG598\)](#)

Product type:

Guidance

Programme:

Interventional procedures guidance

Published:

22 November 2017

3. [Melatonin for treating sleep disorders in adults who are blind \(ES38\)](#)

Product type:

Advice

Programme:

Evidence summary

Published:

18 August 2021

4. [SuperNO2VA for the relief of upper airway obstruction in people with obstructive sleep apnoea \(MIB190\)](#)

Product type:

Advice

Programme:

Medtech innovation briefing

Published:

9 September 2019

5. [Health app: Sleepio for adults with poor sleep \(MIB129\)](#)

Product type:

Advice

Programme:

Medtech innovation briefing

Published:

9 November 2017

6. [Sleep disorders in children and young people with attention deficit hyperactivity disorder: melatonin \(ESUOM2\)](#)

Product type:

Advice

Programme:

Evidence summary

Published:

4 January 2013

Trip Database

8 fund

Søgt på hvert af ordene i menupunkt "Guidelines":

Sleep*, Insomnia*, Melatonin



Søgt på alle emner

0 fund

HTA

Søgt på:

(sleep* or insomnia*):TI AND (pharma* or medication* or melatonin) FROM 2011 TO 2021

24 fund

Netpunkt

Søgt på:

(søvn* OR sleep* OR insomni*) AND (guideline* OR retningslinje* OR anbefaling* OR medicinsk teknologivurdering* OR medicinsk teknologi vurdering* OR MTV)

1 fund

SBU

Søgt på hver af ordene:

Sömnstörning, sömnproblem, melatonin

0 fund

Socialstyrelsen

Gennemgået menupunkter:

Nationella riktlinjer

Nationella kunnskapsstöd

0 fund



Hesledirektoratet

Gennemget menupunkt:

Nasjonale anbefalinger, rd og pakkeforlp

0 fund

Folkehelseinstituttet (FHI)

1 fund

Sgt p: Melatonin, svnproblemer, svnevansker

Center for Kliniske Retningslinjer

Sgt gennem alle retningslinjer

0 fund

NHMRC, Australien

1 fund

Sgt p hver af ordene:

Sleep*, Insomnia*, Melatonin

CPG Infobase: Clinical Practice Guidelines, Canada

1 fund

Sgt p hver af ordene:

Sleep*, Insomnia*, Melatonin

CADTH

2 fund

Sgt p hver af ordene: Sleep*, Insomnia*, Melatonin



0 fund

Søgt på: Sleep* Insomnia* Melatonin

European Sleep Research Society

1 fund

Søgt på: Sleep* Insomnia* Melatonin

Medline

168 fund

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process, In-Data-Review & Other Non-Indexed Citations, Daily and Versions(R) 1946 to September 03, 2021

Search Strategy:

#	Searches	Results
1	Sleep/	58327
2	exp Sleep deprivation/	10208
3	exp Sleep Latency/	179
4	exp Sleep Wake Disorders/	97162
5	exp Sleep Apnea Syndromes/	38579
6	exp Sleep Initiation and Maintenance Disorders/	2556
7	Wakefulness/	18871
8	((sleep* or sleep wake or "sleep/wake" or Insomnia* or somn* or wakeful* or circadian or biological clock) adj6 (outcome* or disturb* or disrupt* or problem* or disorder* or dysfunction* or difficult* or reduced or latency or apnea* or disordered breathing or depriv* or abrupt or intervention or treatment* or therap* or intervention* or program* or strateg* or protocol* or regulation or cycle* or syndrome*)).ti, bt, ab, kf.	134943
9	((awake or wake up or wake-up) adj3 (nighttime or night)).ti, bt, ab, kf.	311
10	or/1-9	201535
11	"Sleep Medicine Specialty"/	392
12	"Sleep Initiation and Maintenance Disorders"/dt	3757
13	Sleep disorders/dt	2506
14	Sleep/dt, de	9662



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15	((sleep* or insomnia* or somn* or sedation or sedate) adj3 (medicine or medication* or drug* or agent* or pill* or effect* or stimulants)).ti,bt,ab,kf.	24080
16	Melatonin/	20913
17	melatonin*.mp.	28458
18	ramelteon*.mp.	439
19	((pharmac* or drug*) adj3 (treatment* or therap* or product* or agent* or action* or effect* or stimulants)).ti,bt,kf.	120532
20	or/11-19	183014
21	10 and 20	33758
22	Health planning guidelines/	4140
23	Guidelines as topic/ or practice guideline as topic/	41476
24	(Guideline* or practice guideline* or clinical guideline* or guidance or consensus or recommendations or hta or health technology assessment*).ti,bt,kf.	181293
25	(guideline or practice guideline).pt.	36165
26	or/22-25	228111
27	21 and 26	294
28	limit 27 to (yr="2011-2021" and (danish or english or norwegian or swedish))	168

Embase

329 fund

Database(s): **Embase** 1974 to 2021 September 03

Search Strategy:

#	Searches	Results
1	Sleep/	101436
2	exp Sleep deprivation/	17127
3	exp Sleep Latency/	3442
4	exp Sleep Disorder/	258401
5	exp Sleep Disordered Breathing/	58165
6	exp Sleep Debt/	565
7	exp Sleep Waking Cycle/	13460
8	exp Insomnia/	73440
9	Wakefulness/	35312



10	((sleep* or sleep wake or "sleep/wake" or Insomnia* or somn* or wakeful* or circadian or biological clock) adj6 (outcome* or disturb* or disrupt* or problem* or disorder* or dysfunction* or difficult* or reduced or latency or apnea* or disordered breathing or depriv* or abrupt or syndrome*)).ti,ab,kw.	184763
11	((awake or wake up or wake-up) adj3 (nighttime or night)).ti,ab,kw.	560
12	or/1-11	404851
13	Sleep Medicine/	4470
14	Insomnia/dt	8211
15	Sleep disorder/dt	5649
16	((Sleep or sleep wake or insomnia* or somn* or wakeful) adj3 (intervention or treatment* or program* or strateg* or protocol*)).ti,kw.	5757
17	((sleep* or insomnia* or somn* or sedation or sedate) adj3 (medicine or medication* or drug* or agent* or pill* or effect* or stimulants)).ti,ab,kw.	37282
18	Melatonin/	37318
19	melatonin*.mp.	42055
20	Ramelteon/	1291
21	ramelteon*.mp.	1339
22	((pharmac* or drug*) adj3 (treatment* or therap* or product* or agent* or action* or effect* or stimulants)).ti,kw.	115455
23	or/13-22	207233
24	12 and 23	54751
25	(Guideline* or practice guideline* or clinical guideline* or hta or health technology Assessment* or consensus or recommendations).ti,kw,pt.	214037
26	24 and 25	578
27	limit 26 to (yr="2011-2021" and (danish or english or norwegian or swedish))	329

PsycInfo

108 fund

Database(s): **APA PsycInfo** 1806 to August Week 5 2021

Search Strategy:

#	Searches	Results
1	exp Sleep deprivation/	4564
2	exp Sleep Wake Disorders/	20864
3	exp sleep wake cycle/	4409



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4	exp sleep onset/	1475
5	exp Sleep Apnea/	3291
6	Wakefulness/	3232
7	((sleep* or sleep wake or "sleep/wake" or Insomnia* or somn* or wakeful* or circadian or biological clock) adj6 (outcome* or disturb* or disrupt* or problem* or disorder* or dysfunction* or difficult* or reduced or latency or apnea* or disordered breathing or depriv* or abrupt or syndrome*)).ti,ab,id.	43754
8	((awake or wake up or wake-up) adj3 (nighttime or night)).ti,ab,id.	157
9	or/1-8	53199
10	exp Sleep Treatment/	592
11	((sleep* or sleep wake or "sleep/wake" or Insomnia* or somn*) adj6 (treat* or therap* or intervention* or program* or strateg* or protocol*)).ti,ab,id.	12613
12	((sleep* or insomnia* or somn* or sedation or sedate) adj3 (medicine or medication* or drug* or agent* or pill* or effect* or stimulants)).ti,ab,id.	10376
13	Melatonin/	3594
14	melatonin*.mp.	5320
15	ramelteon*.mp.	153
16	((pharmac* or drug*) adj3 (treatment* or therap* or product* or agent* or action* or effect* or stimulants)).ti,id.	36336
17	or/10-16	60163
18	Treatment guidelines/	7820
19	(Guideline* or practice guideline* or treatment guideline* or clinical guideline* or guidance or hta or health technology Assessment* or consensus or recommendations).ti,id.	48310
20	or/18-19	50774
21	9 and 17 and 20	174
22	limit 21 to (yr="2011-2021" and (danish or english or norwegian or swedish))	108

Cinahl

151 fund

#	Query	Limiters/Expanders	Results
S19	S8 AND S14 AND S18	Limiters - Published Date: 20110101-20210931; Language: Danish, English, Norwegian, Swedish	151
S18	S15 OR S16 OR S17		153,203
S17	PT "Practice guidelines" or MH "Practice Guidelines"		91,700
S16	SU (Guideline* or guidance or hta or health technology Assessment* or consensus or recommendations)		98,541
S15	TI (Guideline* or guidance or hta or health technology Assessment* or consensus or recommendations)		82,571
S14	S9 OR S10 OR S11 OR S12 OR S13		710,727
S13	SU ((pharmac* or drug*) N3 (treatment* or therap* or product* or agent* or action* or effect* or stimulants))		697,834
S12	TI ((pharmac* or drug*) N3 (treatment* or therap* or product* or agent* or action* or effect* or stimulants))		17,156
S11	melatonin OR ramelteon		3,852
S10	MH Melatonin		2,821
S9	TI ((sleep* or insomnia* or somn* or sedation or sedate) N3 (medicine or medication* or drug* or agent* or pill* or effect* or stimulants)) OR SU ((sleep* or insomnia* or somn* or sedation or sedate) N3 (medicine or medication* or drug* or agent* or pill* or effect* or stimulants))		7,196
S8	S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7		79,412
S7	((awake or wake up or wake-up) N3 (nighttime or night))		600
S6	((sleep* or sleep wake or "sleep/wake" or Insomnia* or somn* or wakeful* or circadian or biological clock) N6		63,066



SUNDHEDSSTYRELSEN

	(disturb* or disrupt* or problem* or disorder* or dysfunction* or difficult* or reduced or latency or apnea* or disordered breathing or depriv* or abrupt or syndrome*))		
S5	MH "Sleep Apnea Syndromes+"		15,434
S4	MH "Sleep Disorders+"		41,797
S3	MH "Sleep Latency"		142
S2	MH "Sleep deprivation"		4,029
S1	MH Sleep		21,824
