

ANALYSIS OF BENZODIAZEPINE USE AFTER HOSPITAL DISCHARGE IN ELDERLY PATIENTS

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PURPOSE

Determine whether the prescription of benzodiazepines during hospital admission influences their prescription upon discharge



MATERIALS AND METHODS

Observational, descriptive and retrospective study

- ✓ ≥ 65 years hospitalized in surgical wards who were discharged home during July 2024
- ✗ Death and discharge to other healthcare centers
- 🕒 Analysis during admission, at discharge, 3 and 6 months post-discharge



RESULTS

139 (143 admissions)

54,5% ♂

Median age: 75.6

Mean length of stay: 7.8 days

Consume of benzodiazepine	Nº of patients
Before admission	49
During admission	102
At discharge	49
3 months post-discharge	55
6 months post-discharge	55

👁️ **Lorazepam** was the most prescribed benzodiazepine

- **Patients exposed to benzodiazepines during admission were:**
 - **2.9** times more likely to receive them at discharge
 - **2.4** times more likely at 3 months
 - **2.0** times more likely at 6 months
- **No** new benzodiazepine prescriptions were initiated at discharge, **three patients discontinued treatment** and **six** required a substitution.



CONCLUSIONS

- Hospital benzodiazepine exposure was not associated with new prescriptions at discharge among patients without previous use.
- The results suggest that hospital admission could be a strategic opportunity to review ongoing benzodiazepine treatment and promote safer prescribing in elderly patients.

