

INCREASE IN THE PRESCRIPTION OF BENZODIAZEPINES IN THE CONTEXT OF THE SARSCOV-2 PANDEMIC

E. ELVIRA LADRÓN DE GUEVARA¹, B. SANCHEZ RODRIGUEZ¹, M. RODRIGUEZ GOICOECHEA¹, M. SANCHEZ VALERA¹, D. GÁMEZ TORRES¹, F. VERDEJO RECHE¹, I. ALFEREZ GARCIA¹
¹H. U TORRECÁRDENAS, PHARMACY HOSPITAL, ALMERIA, SPAIN

BACKGROUND AND IMPORTANCE

The most frequently recorded mental health problem is anxiety disorder and in the context of the SARS COV 2 pandemic, where an increase in anxiety cases has been evidenced, benzodiazepine derivatives (N05BA) have been one of the most prescribed pharmacological groups in most developed countries for this problem. Although its short-term benefits have been demonstrated, increasing its consumption may have long-term risks

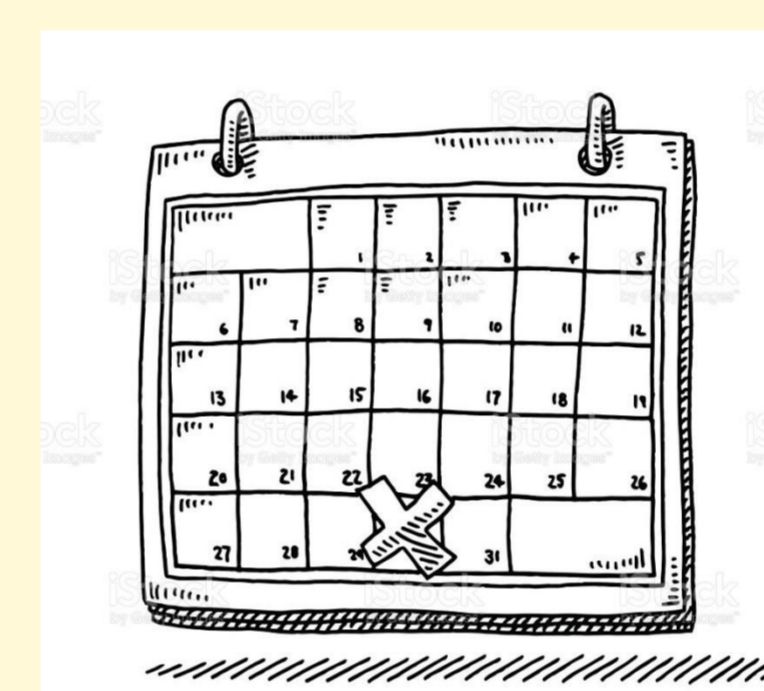
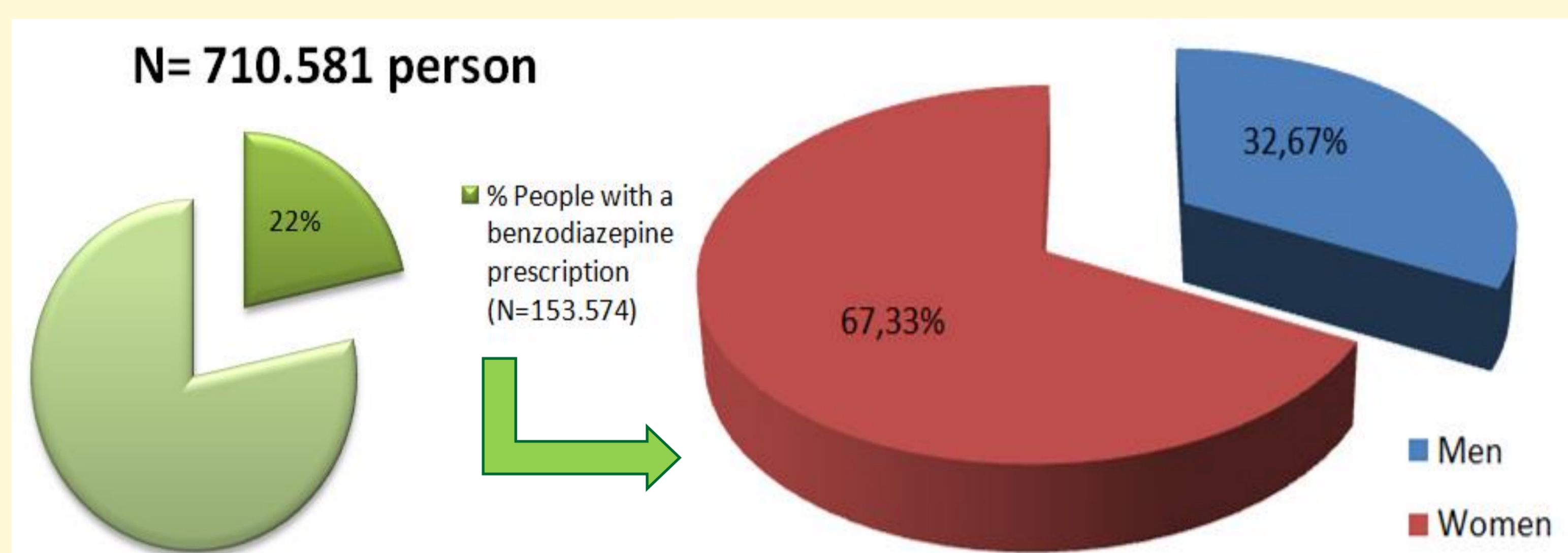
AIM AND OBJECTIVES

The main aim of this study is to find out the prescriptions of benzodiazepine derivatives from 2018 to 2021 in the context of the SARS COV 2 pandemic and the variation in them. As a secondary objective, we will learn which benzodiazepine derivatives varied more.

MATERIAL AND METHODS

Retrospective, observational and cross-sectional study. The study period includes June 2018, June 2019, June 2020 and June 2021. The study population includes the 710.581 inhabitants associated with the prescribing doctors of benzodiazepine derivatives, from the study province.

RESULTS



June 2018-
June 2021

	June 2018		June 2019		June 2020		June 2021	
N	35.800		37.601		39.547		40.626	
Men	11715	32,72%	12339	32,82%	12925	32,68%	13179	32,44%
Women	24085	67,28%	25262	67,18%	26622	67,32%	27447	67,56%

	2018 to 2019	2019 to 2020	2020 to 2021	2018 to 2021
Increased %	5,03%	5,20%	2,73%	13,48%
Increased N	1801	1946	1079	4826

Prescription increases	
Diazepam	+ 23%
Lorazepam	+ 18%
Bromazepam	+ 12,50%
Alprazolam	+ 12,30%

Prescription decreases	
Clobazam	- 22,45%
Pinazepam	- 96,43%
Clotiazepam	- 100%

BENZODIAZEPINE
Alprazolam
Diazepam
Diazepam/pyridoxine
Clotiazepam
Lorazepam
Ketazolam
Clobazam
Pinazepam
Clorazepato dipotassium
Bromazepam
Benzazepam
Diazepam/Sulpiride
Diazepam/Pyridoxine/Sulpiride

CONCLUSION AND RELEVANCE

Currently, the consumption of benzodiazepine derivatives has been increasing due to an increase in stress and anxiety situations and, in the context of the SARS VOC 2 pandemic, we have seen a progressive increase of 13.48% (4,826 prescriptions) from June 2018 to June 2021, with women being the user of 67.33% of prescriptions on average. These data allow us to know the current situation of the prescription of benzodiazepine derivatives to the population and to focus on mental health both in the validation of treatments and in pharmaceutical care.

ACKNOWLEDGEMENTS

Thanks to my colleagues.