

LONG-TERM IMPACT OF A PHARMACEUTICAL INTERVENTION ON BENZODIAZEPINE USE: A GENDER PERSPECTIVE

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BACKGROUND AND IMPORTANCE

Benzodiazepines (BZDs) are widely prescribed to treat anxiety and insomnia, but prolonged use carries the risk of dependence and adverse effects. Prescription patterns vary between rural and urban areas, as well as between men and women, with research indicating a significant gender gap, as women are more likely to consume these medications than men.

AIM AND OBJETIVES

To evaluate the effect of a pharmaceutical intervention aimed at reducing BZD consumption, analyzing differences by gender and healthcare area (urban and rural) from 2021 to 2023.

MATERIALS AND METHODS

A pre-post study was conducted in two healthcare areas, one urban and one rural, covering a total population of 690,000 inhabitants, with 36 healthcare units, 521 general practitioners, and 9 primary care pharmacists.

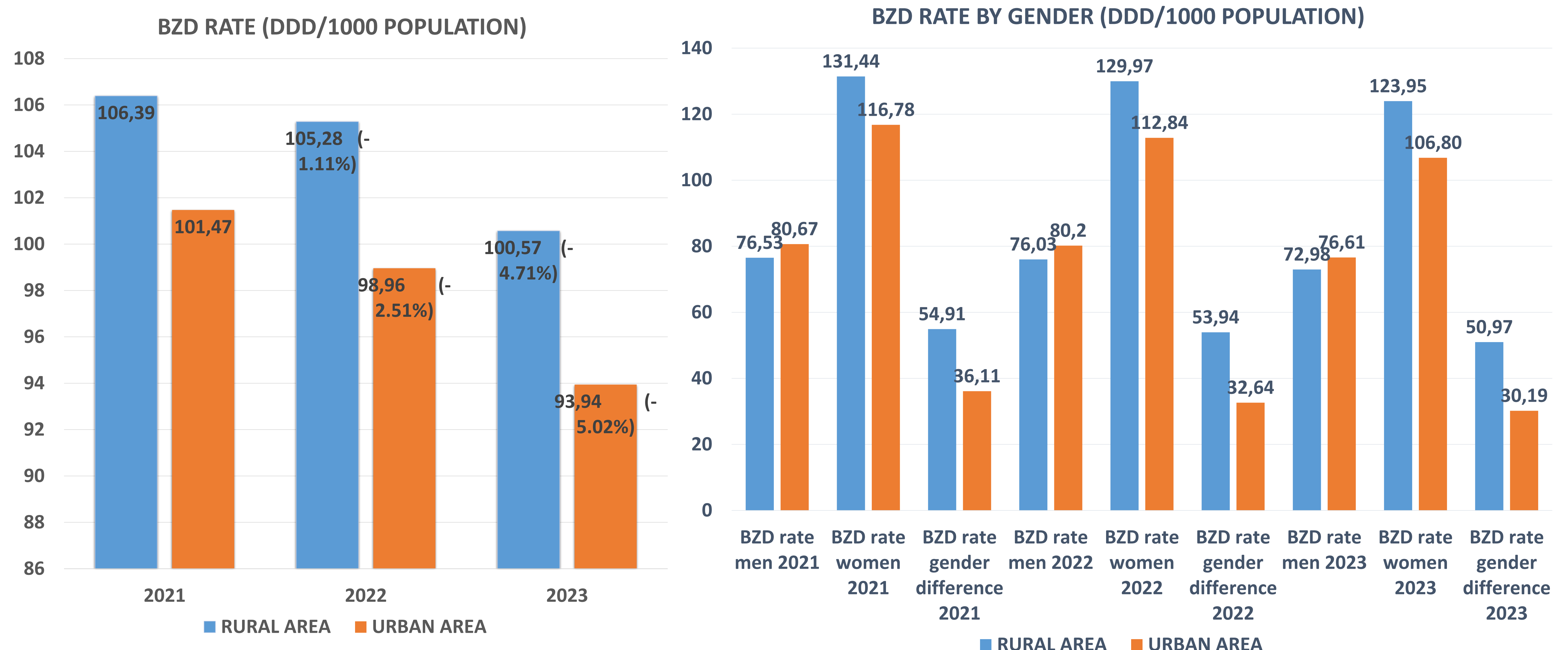
All adult patients with an active BZD prescription between 2021 and 2023 were included. Data were extracted from a prescription database.

The variables analyzed were the BZD consumption rate (Defined Daily Dose (DDD)/1000 population), adjusted by sex and area.

The intervention included training sessions for primary care physicians, distribution of informational materials on the safe management of BZDs, and guidance and monitoring of prescriptions.

Total BZD rates and gender differences were compared before and after the intervention.

RESULTS



CONCLUSION AND RELEVANCE

The pharmaceutical intervention was effective, particularly in rural areas and among women. Collaboration between pharmacists and physicians was key to the success of the intervention. Continued strategies differentiated by gender are recommended.

