

P18: Benzodiazepines use and factors affecting in patients from Farmácia da Ponte, Portugal

Ana Rita Cunha¹, Marlene Santos²

¹School of Allied Health Technologies, Polytechnic Institute of Porto, Portugal

²Center for Research and Information in Pharmacy-NIIF, Research Centre on Health and Environment-CISA, School of Allied Health Technologies, Polytechnic Institute of Porto, Vila Nova de Gaia, Portugal

Presenting author: ana_cunha4@hotmail.com

Introduction: Benzodiazepines are one of the psychoactive substances most frequently used. Adherence to medication is a critical factor in the continued health and well-being of patients using benzodiazepines. Patients' acceptance of medical advice and information may be influenced by their subjective beliefs about their health condition; therefore, it is essential that their beliefs be taken into account when giving health advice or medical treatment. On the other hand, indiscriminate or irregular consumption of Benzodiazepines can lead to dependence and/or withdrawn symptoms. In this way, there is an urgent need to understand benzodiazepine use and its adherence. Objectives: This study aims to determine benzodiazepines use and adherence to therapy in patients from “Farmácia da Ponte”, Amarante.

Materials and Methods: A prospective, cross-sectional survey of patients using benzodiazepines was conducted at “Farmácia da Ponte”, Amarante, Portugal, between February and March of 2015. One hundred sixty two patients older than 18 years of both sexes, which acquired a benzodiazepine for personal use, were included. A survey, divided into three groups: sociodemographic data, use of benzodiazepines and adherence to therapy (Morisky scale), was applied. Characterization of use and associations between variables were analyzed using SPSS, version 21.0.

Results and Discussion: This study showed that the most consumed benzodiazepines were Alprazolam, Lorazepam and Ethyl loflazepate. Adherence to therapy was reported in 51.88% of patients. Low adherence was associated with routine changes, concomitant medication use and forgetfulness.

Conclusion: The findings suggest that there were a significant proportion of patients that use benzodiazepines. Despite a good level of adhesion was observed, this could indicate patient's dependence on benzodiazepines, and implications of these findings on pharmacy practice should be discussed, in order to prevent it's incriminate use and to achieve a successful therapy.

References

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