

Poster presentation

Prescribing of minor tranquilizers and hypnotics in a urban area in the context of a general hospital

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Background

Benzodiazepines are widely prescribed Psychotropic drugs. The purpose of the present study is the use of the Benzodiazepines and Hypnotics in the population of an Urban Area, in the context of a General Hospital.

Materials and methods

A total of 825 prescriptions were evaluated with respect to Gender, Area of Residence, Diagnosis, Drugs prescribed and Groups of Drugs and their combinations.

Results

With respect to gender women predominated (59.3%), the area of residence West Attica predominated (64.0%). In the Diagnoses assigned Mood Disorders predominated (38.6%). In the Drugs prescribed Bromazepam (Lexotanil) predominated (28.3%).

In the Groups of Drugs the one that included Benzodiazepines with Anxiolytic action predominated (64.2%). In the combinations of the Groups of Drugs the one that included Benzodiazepines with Anxiolytic action plus Pure Hypnotics predominated (13.7%).

Discussion

Three main Conclusions were drawn from the present study:

1) Insomnia although was not found among the Diagnoses assigned, was the primary symptom of many disorders.

2) Benzodiazepines were prescribed also for disorders for which they do not have a main indication, namely Psychotic Disorders.

3) There might be an Abuse of Benzodiazepines and Hypnotics among the population served by the particular General Hospital and therefore more studies of this kind should be carried out in other General Hospitals as well so that one can have an integrated picture of the use of Benzodiazepines and Hypnotics.