

PHARMACOEPIDEMOLOGY OF BENZODIAZEPINE USE AND AGEING IN THE CITY OF ZAGREB, CROATIA

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Background

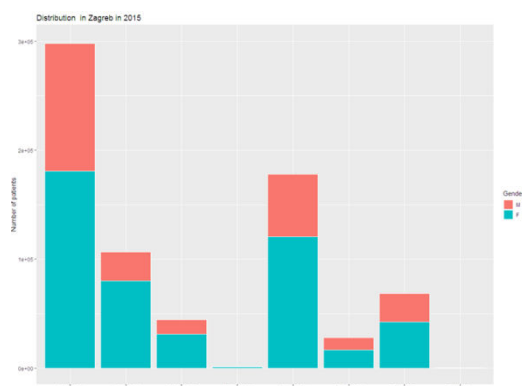
- Ageing population represents a significant global health challenge
- The aim of this retrospective study was to assess benzodiazepine (BZD) utilization habits among outpatients in the city of Zagreb

Material & Methods

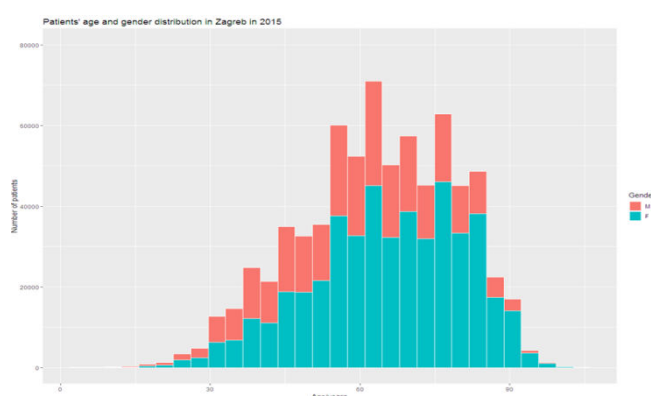
- Data on patients who utilized BZDs more than 5 times in 2015 was obtained from the CHIF
- Descriptive statistic, parametric T-test and non-parametric Wilcoxon test were performed
- The P value of <0.05 was considered statistically significant

Results

- Significantly more women than men utilized BZDs in 2015 in Zagreb
- Men on average used more BZDs per year than women
- Women tended to utilize BZDs at an older age than men
- The gender difference was statistically significant ($p < 0.05$; 95% CI 0.70-0.76)
- Women tended to utilize BZDs at an older age than men
- The most commonly prescribed BZDs was diazepam, followed by alprazolam, oxazepam and zolpidem



Outpatient utilization of BZDs, expressed as total number patients



Prevalence of BZD utilization stratified according to age and gender, expressed as total number of patients

Conclusion

- Rational drug prescribing and utilization present important public health issues
- There is a high prevalence of BZD use among females, and prolonged BZD utilization among males in Zagreb
- The results indicate a need for:
 - improved promotion of mental health
 - rationalization of BZD prescribing, particularly in older patients and for a prolonged period of time