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## **Benzodiazepines's Utilization and Forecast in Portugal Mainland**

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### **Objetivos (Objectives):**

One of the latest studies published in Portugal on this issue revealed a decrease in the use of these drugs. However, the levels of utilization didn't diminish as it was expected and it's now important to overview this utilization in an extended period of time.

Main objectives are to determine the benzodiazepines's utilization and expenditure patterns in a regional or national level and to implement a prediction model in order to describe these data behaviour in the near future.

### **Metodologia (Methodology):**

Data collection refers to benzodiazepines prescribed and dispensed in ambulatory care to the population covered by the National Health Service (NHS), from 1st January 2000 to 31st December 2007. Main outcome measure was the Defined Daily Dose (DDD) per 1000 inhabitants per day (DHD). DDD were assigned according ATC index 2007.

A moving average model was adjusted to the utilization dataset and forecast was based on a second degree polynomial function. Statistical analysis was performed using SPSS 16.0 and correlations were assessed using Pearson Coefficient.

### **Resultados (Results):**

There are two distinct phases in benzodiazepines's utilization: during 2000-2003 a small decrease was shown but in the following year benzodiazepines's use increased, reaching 96,83 DHD in 2007. In fact, the growth observed during this period was 4,4%.

This overall growth was due to anxyolitic benzodiazepines since consumption increased 12,2% (9,11 DHD) over the period in study while hypnotic benzodiazepines rate stood for minus 28,4%. We can address this reduction to intermediate duration of action hypnotics whose rate was less 61,7%.

Asymmetries were observed in the 5 different country regions: North and Centre present the highest variation values (13 DHD) in opposition to the other three regions (which are Lisbon and Tagus Valley, Across Tagus and Algarve). Algarve is clearly the region where benzodiazepines are less used (66,43 DHD in 2007).

The moving average model showed goodness-of-fit and performed forecast accounted for 51,07 DHD during the next six months.

**Conclusões (Conclusions):**

In spite of International Narcotics Control Board's highlight on benzodiazepines's utilization and even with a small decrease occurred in 2000-2003, a global growth prevails. National Health Plan aims to 71 DHD use in 2010. Forecasts disclose that the market is clearly far away from this goal.