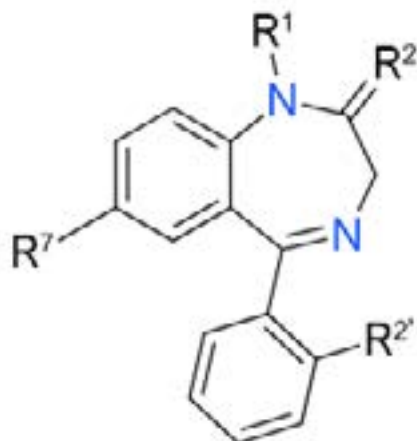


# Monitoring Benzodiazepine use in Mental Health Psychiatry outpatient clinics A project from KSA

Etdal Eltoum

## Background

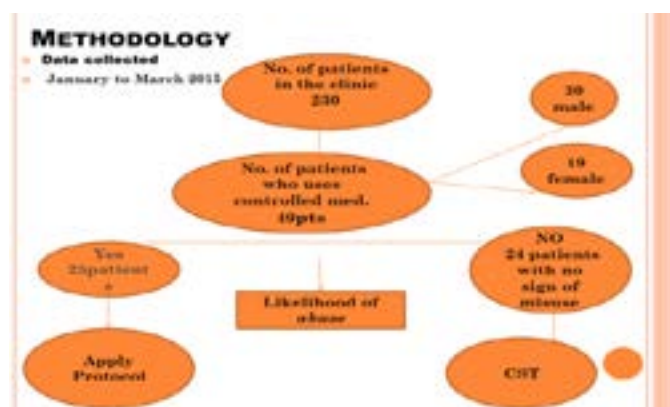
Benzodiazepines (BZD) are recognized as one of the most widely prescribed medications in the world, the delicate balance between using & misusing are always a concern for the physicians.



**Figure 1:** Structure of Benzodiazepine

**Objective:** To minimize the risk of Benzodiazepine misuse in the psychiatry outpatient clinics of single tertiary care center in Riyadh, Saudi Arabia. To collect basic data on multiple and diverse drug dependence and aggression in work place

**Methods:** This prospective project was conducted in the outpatient setting of mental health department at king Faial specialist hospital & Research Centre, Riyadh; targeting 49 patients who are following in one clinic out of five modules & taking benzodiazepine medications as shown in their records. The subjects were followed & their pattern of benzodiazepine use is surveilled From January to March 2015.



**Figure 2:** Methodology of Data collected from January to March 2018

All data were collected from patient visit and medication refill visit, unscheduled visit and emergency visit, and violent behavior at work

place. In addition to basic demographic information and, duration, frequency of prescription of benzodiazepine use, as well as the reason it was noted.

For those who are using benzodiazepine regularly as instructed by their physician with no suspicion of misuse they were given follow up appointments as usual, but for those whom suspected to misuse as seen in their previous records, a strict & well monitored schedule was assigned for them to minimize the risk of abuse.

### Psychiatrist offer and recommend a scope of medicines, including:

- mental treatment (likewise known as psychotherapy or talking treatment)
- medicine
- mind incitement treatments, for instance, electro convulsive treatment.

They will likewise provide all the way down to earth exhortation regarding ingestion routine, rest and alternative ways you'll assist yourself with showing signs of improvement. They're going to provide you with information regarding your condition, which might assist you with understanding your manifestations and medicines.

### Your specialist can clarify:

- why they recommend this treatment
- however it functions
- what the symptoms square measure
- any dangers of the treatment
- the number it prices.

Psychological well-being alludes to intellectual, social, and crazy prosperity. It's regarding however people assume, feel, and keep it up. people currently and once more utilize the expression "psychological wellness" to mean the group action of a psychological issue.

The World Health Organization stress that psychological well-being is "something apart from the group action of mental problems or inabilities." Peak emotional well-being is regarding staying aloof from dynamic conditions additionally as taking care of continuous health and joy.

They in addition intensify that protective and reestablishing emotional eudaimonia is polar on a private premise, even as during numerous networks and social orders the planet over.

In the United States, the National Alliance on Mental Illness gauge that just about 1 out of 5 grown-ups experience psychological well-being issues every year.

**Results:** Out of 49 patients involved in the project (32 male and 17 female) 24 patient are using the benzodiazepine regularly as instructed by physician while 25 patients are likely abusers as found by their frequent refill & ER visits The most common abused medication was

Etdal Eltoum

University of Khartoum, Sudan

clonazepam, duration of abuse range from 1 to 30 years.



Figure 3: The percentage of Lorazepam, Zolpidem, Clonazepam Diazepam and Alprazolam

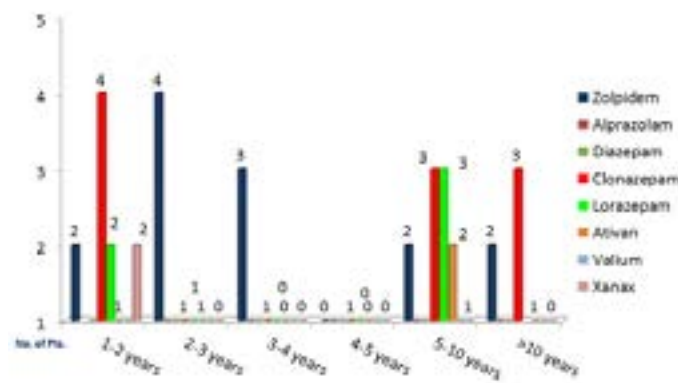


Figure 4: Duration and Abuse range

Demographical Data

Age = for all 49 patients involved in the project (32 male and 17 female) 24 patient are using the benzodiazepine regularly as instructed by physician)

Gender = 32males and 17 female

Duration of medication= from 01 year to 19 years

The most common drugs = Clonazepam The dose range from 0.5-6 mg /per day

Prescription Protocol

- If the Patient is Dependent On BZD

Referral to Detox Center.

- If the Patient is Abusing BZD
  - 1- Education Session – 30 min
  - 2- Weekly Visit to clinic
  - 3- Gradual reduction of dose.
- If the patient Need to Continue on medication
  - 1- Prescription of Minimum dose
  - 2- Monthly Prescription
  - 3- Restriction sign (NO benzo) from ER/Pain Clinic or any medical services

Discussion:

Our clinic data shows that we have significant number of patient on BZD. Our old way system of dealing with them is associated with low outcome for patients and risk/load to staff. Sometime patients became aggressive if prescription is not done. Diagnosis correlated to aggressive behaviors are:

- A)-S/P Brain surgery
- B)-Cancer: more common breast cancer, osteosarcoma
- C)-Human immune virus

Limitations:

- Lack of treatment capacity service in treatment of substance abuse disorder in patient and out patient
- Lack of human resources i.e (psychiatrist, psychologist)
- Lack of prevention harm reduction of substance abuse disorder
- Lack of epidemiology department for addiction demographic data
- Long term residential rehabilitation

Conclusion:

Overall this project proves to mental health department ,the possibility to monitor the controlled medications in effective way ,assuring the safety for the patients & reduce the load of unscheduled patients who come for narcotics refill .the project will be adopted to include all psychiatric outpatient clinics in the hospital in the next phase.

Future Plan:

- Apply the same restriction protocol to the remaining psychiatric clinics
- Enhance national epidemiology data collection system
- Raise public awareness about drug risk to addiction