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## Non-rational use of benzodiazepines

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The pharmacological profile of all benzodiazepines includes the following effects: sedation, anxiolysis, hypnotic activity, myorelaxation, and anticonvulsant activity. These drugs are relatively non-toxic and acceptable, but they can cause tolerance and addiction. For this reason, the rational use of these drugs is very important: take them only when they are indicated, in as short time as possible, in the lower possible dose.

**Objective:** To find out how often benzodiazepines are used, which are the indications for their use and whether these drugs are applied rationally by patients.

**Material and Methods:** An anonymous and voluntary survey was conducted in Podgorica, in which 100 respondents were participating. Respondents aged above 18 years, both sexes, different levels of education and different socio-economic levels, answered 10 questions.

**Results and Discussion:** 61% of the respondents do not consider that these drugs are safe, 66 people are aware of the side effects that these drugs can cause. Most of the respondents know that benzodiazepines can lead to addiction. Of the 39 patients who used benzodiazepines, 19 of them did

not consult doctor or pharmacist before taking them. The most common side effect is drowsiness (48.6%). The most common cause for the application is anxiety (40%), then stressful situations (34.3%), insomnia (22.9%). 91.2% did not use these drugs at the same time with alcohol and 85.3% did not control the motor vehicle. 85.3% of respondents did not feel drug dependents. 50% received the drug over the recipe, while 43.3% received the medication without prescription.

**Conclusion:** Despite the fact that population is informed about side effects, dependence, and safety of these drugs, their use is still very common. These drugs should only be received by patients if they have proper prescription, but they are available to them in "free sale". Patients take these drugs "on their own initiative" without consultation with health professionals.

### Biography

Ivana Drljevic was graduated at Faculty of Pharmacy in Podgorica and she having experience as a pharmacist at public pharmacies in the year 2017-2022; In 2004-2007 and She was an Assistant Faculty of Pharmacy in Podgorica (Pharmacology) in the year 2018-2019.

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