

## Prescribing Trends of Benzodiazepine and Associated Complication in Adult Patients Suffering Other Than Psychiatric and Neurological Disorder at Larkana Hospital

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**SUMMARY.** The purpose of this study is to assess the prescribing frequency of benzodiazepines in the patients suffering from disorders other than psychiatric and neurological. A prospective cross sectional study was conducted at 16 different community pharmacies and medical store of Larkana. Patients with age of 18 years or more who are using benzodiazepines are included in this study. The average age of the patients who were interviewed was  $38 \pm 20$  years. From the 172 patients who visited the community pharmacies or medical store for the purchase of benzodiazepines 88 were male and remaining 84 were female. Among the 172 patients 129 were married and remaining 43 were either single or widow. It has been concluded that the usage of benzodiazepine is alarmingly very high particularly as a self-medication without any prescription.

**RESUMEN.** El propósito de este estudio es evaluar la frecuencia de prescripción de las benzodiazepinas en los pacientes que sufren trastornos distintos a los psicológicos y neurológicos. Se realizó un estudio prospectivo de corte transversal en 16 farmacias comunitarias y en la tienda médica de Larkana. Los pacientes con edad de 18 años o más que están usando benzodiazepinas están incluidos en este estudio. La edad promedio de los pacientes entrevistados fue de  $38 \pm 20$  años. De los 172 pacientes que visitaron las farmacias de la comunidad para comprar benzodiazepinas, 88 fueron hombres y 84 fueron mujeres. Entre los 172 pacientes, 129 estaban casados y los restantes 43 eran solteros o viudos. Se ha llegado a la conclusión de que el uso de benzodiazepina es alarmantemente muy alto, en particular como automedicación sin receta.

**KEY WORDS:** Associated complications, benzodiazepines, prescribing frequency.

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