

## **W80**

### **Benzodiazepines in clinical practice: how to avoid and stop them? A workshop for early career doctors**

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To manage anxiety and insomnia, GPs prescribe benzodiazepines which have proven to be very helpful in the short term. However, in the longer term, their use in clinical practice can cause many difficulties. Memory problems or falls, especially in older adults, are a concern. In addition, misuse and dependency often appear after a few weeks/months. Clinicians and patients therefore end up with a prescription difficult to stop, and that doesn't help any more with the initial complaint. There are other non-pharmacological ways to cope with anxiety and insomnia, and teaching these techniques to clinicians and patients has proven to be efficient. The aim of this workshop is provide GPs with techniques to avoid prescribing benzodiazepines and to stop them in patients already using and addicted. We will use an interactive approach. Presenters will alternate clinical vignettes and theoretical points to keep the workshop close to clinical practice. In addition, exercises will be held during the workshop to make participants practice with each other the techniques explained. We expect to provide clinicians with skills that can translate directly into their clinical practice. Basic CBT and motivational interviewing techniques will be taught and they will have the opportunity to practice during the workshop. General knowledge of the benefits and risks of benzodiazepines will help clinicians prescribe based on evidence. This workshop, specifically designed to suit early career doctors' needs will contribute to decrease unnecessary prescriptions of benzodiazepines in the community. A balanced view of risks and benefits and a very pragmatic and practical approach will ensure the knowledge and skills learnt will be translated into clinical practice.