Primary, secondary and tertiary prevention of long-term benzodiazepine receptor agonists use in Belgium: a policy delphi

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INTRODUCTION

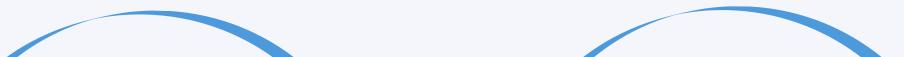
Long-term benzodiazepine receptor agonists (BZRAs) use

Both short and long term

METHOD

Online policy delphi with an expert panel (n= 111) on 27 policy recommendations.

Assessment of each recommandations in terms of feasibility, support, importance, necessary conditions and prioritisation.







Develop targeted strategies aimed at preventing long-term BZRA use, focusing on primary, secondary, and tertiary prevention approaches



RESULTS

27 recommendations divided into primary, secondary and tertiary prevention

- Consensus level (high, moderate, low, or none)
- Direction indicating whether participants were in favor (+) or against (-) the recommendation

Some recommendations stand out due to either a high or low level of consensus and the direction of consensus. These specific recommendations are presented in the table.

HIGH LEVEL OF CONSENSUS

LOW LEVEL OF CONSENSUS

nent an awareness raising campaign I the general public on tapering off BZRA.	Primary prevention	Against		
			Increase the price per BZRA package.	Secondary prevention
In favour Implement an awareness raising campaign for patients on the challenges of withdrawing BZRA from multiple medications.	Primary prevention	In favour	Provide higher remuneration for prescribers for long follow up consultations dedicated to BZRA.	Secondary prevention
		In favour	Encourage prescribers to add the indication for substance use disorders next to insomnia/anxiety to patient records when use exceeds guidelines.	Tertiary prevention
Implementing an awareness raising campaign In favour for professionals on the challenges of withdrawing from multiple medications.	Primary prevention			
		In favour	Establish an agreement between the prescriber , the pharmacist and the patient to keep the same prescriber and pharmacist throughout treatment.	Tertiary prevention
e information by the prescriber to the t regarding the risks of dependency of at first use .	Secondary prevention			
nent a training course on difficult tapering- ocesses related to BZRA for	Tertiary prevention	In favour	Develop a ' Benzo-buddy ' system	Tertiary prevention
	s on the challenges of withdrawing om multiple medications. enting an awareness raising campaign ressionals on the challenges of awing from multiple medications. information by the prescriber to the regarding the risks of dependency of t first use. ent a training course on difficult tapering-	s on the challenges of withdrawing om multiple medications.Primary preventionenting an awareness raising campaign ressionals on the challenges of wing from multiple medications.Primary preventioninformation by the prescriber to the regarding the risks of dependency of t first use.Secondary preventionent a training course on difficult tapering- cesses related to BZRA forTertiary prevention	s on the challenges of withdrawing om multiple medications.Primary preventionIn favourenting an awareness raising campaign ressionals on the challenges of wing from multiple medications.Primary preventionIn favourinformation by the prescriber to the regarding the risks of dependency of t first use.Secondary preventionIn favourent a training course on difficult tapering- cesses related to BZRA forTertiary preventionIn favour	ent an awareness raising campaign for s on the challenges of withdrawing om multiple medications.Primary preventionIn favourEncourage prescribers to add the indication for substance use disorders next to insomnia/anxiety to patient records when use exceeds guidelines.enting an awareness raising campaign ressionals on the challenges of wing from multiple medications.Primary preventionEncourage prescribers to add the indication for substance use disorders next to insomnia/anxiety to patient records when use exceeds guidelines.information by the prescriber to the regarding the risks of dependency of t first use.Secondary preventionIn favourEstablish an agreement between the prescriber, the pharmacist and the patient to keep the same prescriber and pharmacist throughout treatment.ent a training course on difficult tapering- cesses related to BZRA forTertiary preventionIn favourDevelop a 'Benzo-buddy' system

DISCUSSION

In Belgium, new strategies have recently been introduced.

However, this study underscores the complexity of addressing long-term BZRA use and calls for a **coordinated multi-faceted approach** accross levels of preventions

Personalised healthcare Education Awareness practice

