

# Survey : Reporting of problematic use of Benzodiazepines to Tier 3 Substance Misuse Services in Surrey

Dr Dilraj Singh, ST6; Dr Marian De Ruiter Consultant Psychiatrist, Ms Jennie Roberts, Information Analyst  
Surrey and Borders Partnership NHS Foundation Trust

## Introduction

Benzodiazepines are prescribed for a variety of conditions. They are used illicitly to self-medicate and have a propensity to lead to dependence. This is especially so in individuals with concurrent substance use. The authors looked at prevalence of benzodiazepine use among patients presenting to Tier 3 Substance Use Service in Surrey.

## Aim

To establish prevalence of benzodiazepine among service users presenting to Tier 3 Substance Misuse services in Surrey. In addition to identify any increased use of Benzodiazepine among individuals with dual diagnosis and those referred from criminal justice system.

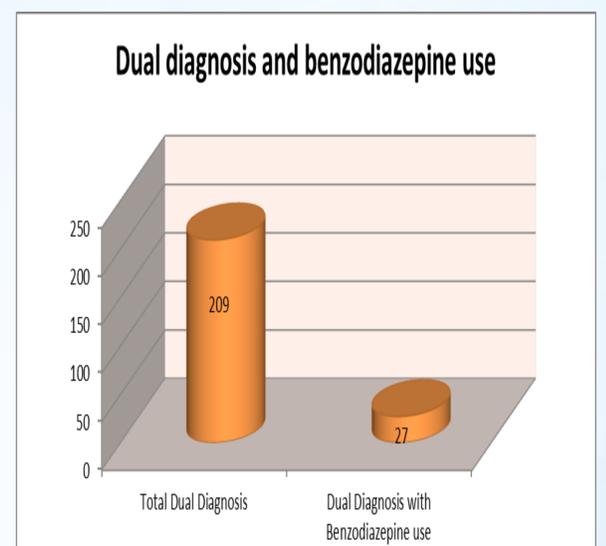
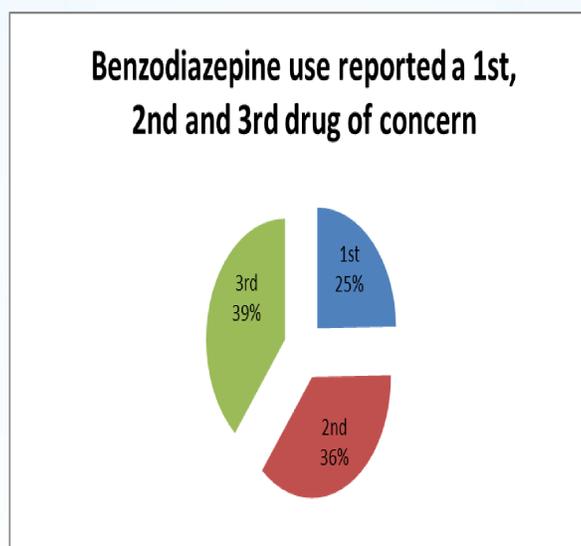
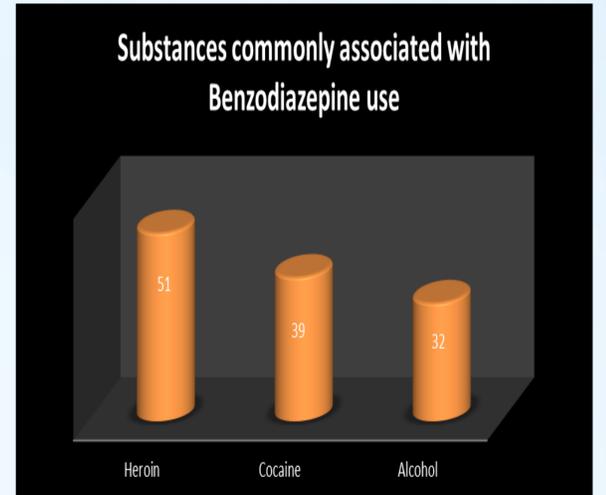
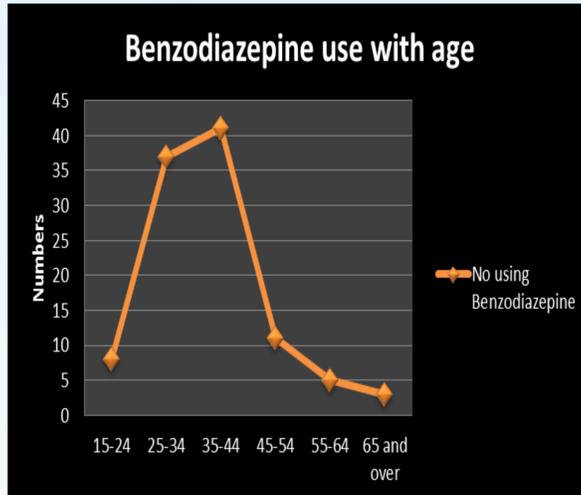
## Methods

Survey of retrospective electronic data of 1315 patients on initial presentation to Tier 3 Substance Misuse services across Surrey for period between 01 July 2012 and 30 June 2013

## Findings

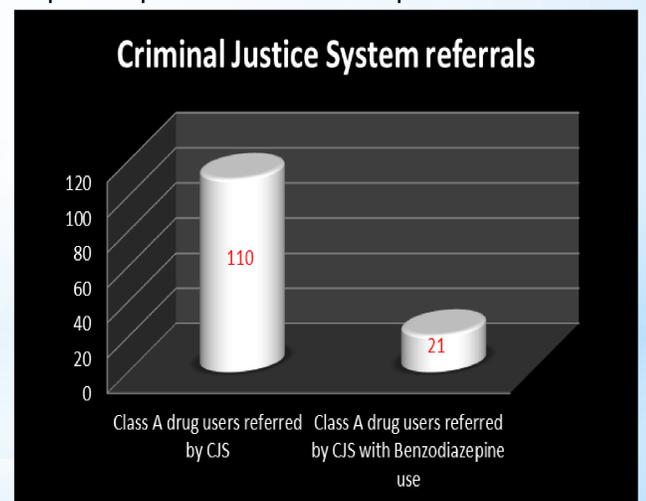
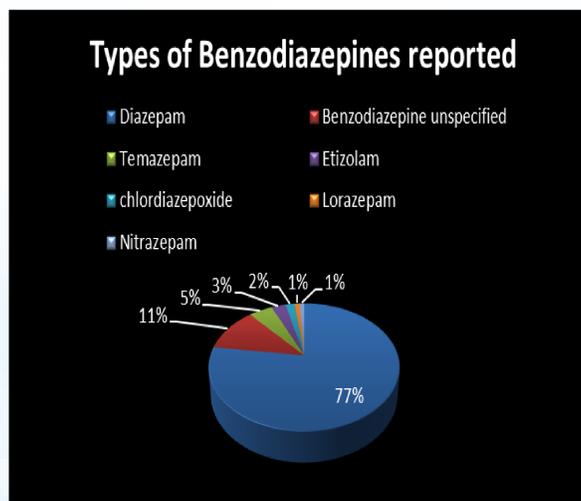
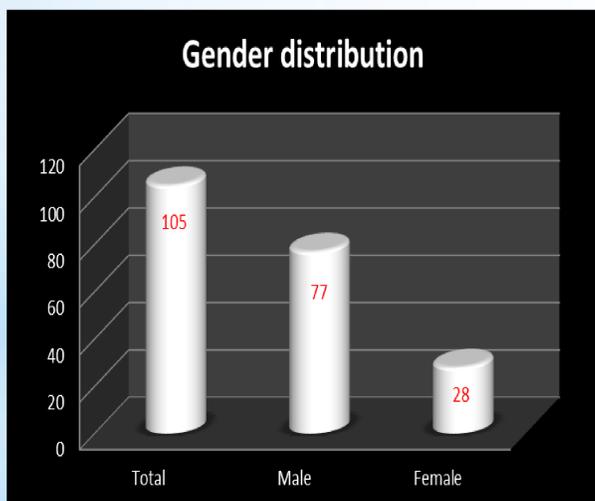
7.9%(105) of total sample reported problem use of Benzodiazepines on initial assessment.

74% (77) were male and 26%(27) were female.



10.5% (11) reported Benzodiazepine as problem use with no second drug misuse.

8.3% (110) were Class A drug users referred by the Criminal Justice System. Of these 19% (21) reported problem Benzodiazepine use.



## Conclusions

- In Surrey sample, men were 3 times more likely to be associated with problematic benzodiazepine use compared to women when presenting to Tier 3 Substance misuse services.
- Over 1/10<sup>th</sup> with dual diagnosis were using benzodiazepines
- Nearly 1 in 4 with problematic use of benzodiazepines had dual diagnosis.
- 1 in 5 of class A drug users involved with criminal justice system reported problematic use of benzodiazepines.
- The above highlights importance of screening for mental disorders in problematic benzodiazepine use and for problem benzodiazepine use among class A drug users.