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**Project Title**

Evaluating the Association with Benzodiazepine Use and Adverse Outcomes in Older Adults

**Project Summary**

Benzodiazepines (BZDs) are a class of drugs prescribed for the treatment of multiple conditions. Typically, they are used to address anxiety and insomnia; however, their use has expanded to include various indications. Initially, BZDs were believed to be effective in the management of anxiety with minimal side effects. Ongoing studies of BZDs have highlighted serious adverse events associated with their use such as cognitive impairment, addiction, unwanted sedation, decreased motor coordination, increased risk of falls in the elderly and withdrawal reactions. Research has suggested that inappropriate prescribing is prevalent, and BZDs should usually be restricted to short-term use. Seniors are affected by inappropriate BZD use more than young adults. This study will allow us to document the current patterns of BZD use in Canadian seniors as well as identify specific associations with adverse events.

**Keywords**

Benzodiazepines, Adverse outcomes, Prescribing