OUR GOAL

BE-SAFE's goal is to **improve patient safety by addressing knowledge and practice gaps** related to the reduction of these medications used for sleep difficulties in Europe.

BE-SAFE proposes an approach combining different knowledge, disciplines and sectors related to health with the contribution of experts in guidelines, implementation, dissemination, case studies, geriatrics and sleep.

BE-SAFE ensures patient and public involvement through the **Patient Partnership Advisory Council (PAC)** which brings together patients, informal carers and patient and senior's organisations to advise the consortium on various aspects all along the project.

WHY BE-SAFE?

Benzodiazepine and sedative hypnotics (BSHs) commonly called "tranquilizers," "sleeping pills," or "sedatives" are medications mainly used for **sleep disorders and anxiety.** They are associated with significant undesired effects and costs, especially in older people.

Therefore, it is an **urgent priority to improve patient safety in Europe by addressing its overuse in older people**. However, previous attempts did not lead to large-scale reduction in use.

@besafe_horizon

https://besafe-horizon.eu

BE-SAFE

Implementing a patient-centered and evidence-based intervention to reduce **BE**nzodiazepine and sedative hypnotic use to improve patient **SAFE**ty and quality of care.

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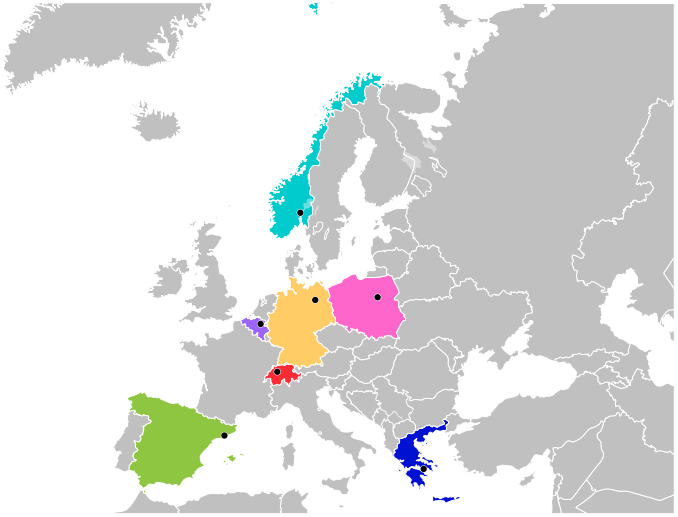
WHO WE ARE

The BE-SAFE consortium brings together experts from 6 European countries (Belgium, Greece, Norway, Poland, Spain and Switzerland) and Canada with specialisation in guideline development and validation, case studies, geriatrics, implementation, pharmacotherapy, psychology, sleep and neurology and dissemination and communication.



UCL-BE
Université catholique de Louvain
CHU UCL Namur

IPIN-PO
Instytut Psychiatrii i Neurologii

UBARC-ES
Universitat Autònoma de Barcelona

MAGIC-NO
MAGIC Evidence Ecosystem Foundation

UOSLO - NO
Universitetet i Oslo

TP21 - DE
TP21 GmbH

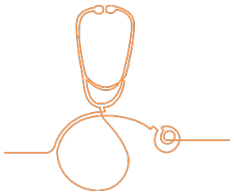
UATH-GR
Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών

UBERN-CH
Universität Bern

OUR WORK

Patients and caregivers

We will identify barriers and enablers to the reduction of these medications through a survey and interviews with patients and healthcare professionals.



Healthcare providers

The results will inform the development of guidelines, implementation of recommendations and patient-centred materials. This will support self-management and collaboration between patients and physicians during the process of reduction.

Researchers and scientists

This approach will be tested in a randomised controlled trial (RCT), a type of study where two patients' groups will be compared. The RCT will be developed in different countries and in homogeneous groups (clusters).

Researchers will conduct case studies. The aim is to develop general models that each country will apply. This will help in the scale up and spread of the BE-SAFE intervention. But also, to adapt it in different sectors of the patient care pathways.

EXPECTED RESULTS

BE-SAFE will develop clinical practice guidelines and a toolkit to disseminate the new best practices. The purpose is to implement a standardised process across European healthcare systems.

BE-SAFE will apply a patient-centred approach in all project stages. In concrete for creating resources for patients, health professionals, healthcare systems and policymakers.

BE-SAFE aims to serve as a model to address the reduction of other harmful medications. Our final goal is to contribute to patient safety.