

Pharmacy Fact Sheet: Proton Pump Inhibitors (PPIs)

Prescribing Considerations

January 2017

Key points

PPIs are one of the most commonly prescribed medications, given their significant efficacy and favorable safety profile.

However, these factors may have contributed to overprescribing of these agents, and a significant **proportion of use may be considered to be inappropriate**.

When considering the **noted increased risks for *C. difficile* infection**, and potential yet conflicting evidence of other adverse effects, it is important **to review indications for use regularly** (see box below)

When possible, avoid empiric use for stress-ulcer prophylaxis in the hospital, and **avoid concurrent use with antibiotics** which may further increase risk for *C. difficile*.

For each patient taking a PPI

- ✓ Evaluate PPI use after hospital discharge and at least annually
- ✓ Consider **deprescribing PPIs** when there is no clear indication for ongoing therapy
 - ➔ Check out this link for an **evidence-based deprescribing algorithm** for PPIs, located at www.deprescribing.org.³
- ✓ **Avoid abrupt discontinuation** of PPI —Tapering over 2 to 4 weeks will reduce risk for acid rebound
- ✓ Remind of importance of lifestyle modifications

If a PPI is required...

- ✓ Remind patient to take **30 minutes prior** to eating
- ✓ Consider **generic and OTC** products
- ✓ Recommend **calcium citrate** for patients on calcium supplementation (citrate is absorbed in a non-acidic environment)

Avoid meals 2-3 hours before bedtime
Elevate the head of the bed
Address need for weight loss
Avoid dietary triggers

Utilization - Throughout the Lahey Clinical Performance Network, it is estimated* that for CY2016, over 16,000 prescriptions were written for a PPI, with a cost of almost \$440,000 to the Network, or an average of \$27 per written prescription. Though **Brand PPIs** made up only **3% of prescribing**, they accounted

for almost **half of the total cost**. Please see table below.

Want to learn more?

Contact your Accountable Care Unit Pharmacist ➔

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	Total Estimated PPI Rx's	% of PPI Rx's	Total Estimated Cost	% of Total Cost	Avg Cost / Written Rx
Brand	417	3%	\$212,742	48%	\$510
Generic	15776	97%	\$227,224	52%	\$14
	16193		\$439,965		\$27
*Data extrapolated from 2016 Q1-3 prescribing data for BCBS, HPHC and Tufts LCPN patients					

References

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