

Careful Prescribing of PPIs

Careful Prescribing of PPIs: Time to be mindful of its use

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BACKGROUND

- Proton pump inhibitors (PPIs) are one of the most prescribed medications with an estimated 113 million prescriptions filled globally every year.¹
- PPI use is increasingly linked to several adverse events (PPI-associated adverse events).²

CLINICAL CASE

- 70-year-old female with a history of smoking presents with one month history of circular red spots on her chest, right leg, multiplying to her back, arms, and left leg.
- She was started on omeprazole 20 mg one month prior to the rash for symptoms of gastro-esophageal reflux disease.
- A punch biopsy revealed findings consistent with subacute cutaneous lupus erythematosus (SCLE) and her labs were positive for SS-A/Ro antibodies.
- She discontinued the omeprazole and was started on methotrexate with the rash clearing up within a few months with only post inflammatory hyperpigmentation left on her skin.

DISCUSSION

- Proton pump inhibitors rank as one of the most widely used acid-suppressing medicines globally.³
- Nearly one-quarter of adults use a PPI, with nearly two-thirds on high doses, and 28% continued for greater than 3 years.³
- Although PPIs are safe in the short-term, emerging evidence shows there are risks with long-term use.³
- Supposed adverse effects include cardiovascular, kidney disease, enteric infections, small intestinal bacterial overgrowth, pneumonia, dementia, bone fracture, B12 deficiency and hypomagnesemia.⁴
- In addition, the most frequently reported adverse drug reactions were cutaneous (24.56%).⁵
- In 2022, the American Gastroenterological Association (AGA) provided Best Practice Advice (BPA) statements on de-prescribing PPIs in ambulatory patients to lower pill burden, reduce costs and theoretical risks.²
- One of these BPA statements note the responsibility of the primary care provider.²
 - BPA 1: Patients taking a PPI should have a regular review of the ongoing indications for use and documentation of that indication. This review should be the responsibility of the patient's primary care provider.



CONCLUSION

- Proton pump inhibitors rank as one of the most widely prescribed medications globally.
- There are potential adverse effects with long-term use as well as adverse drug reactions with short-term use.
- Primary care providers have a responsibility to review ongoing indications for use of a PPI and document that indication.
- The AGA BPA statements provide a guideline that primary care providers can utilize to ensure responsible prescribing of PPIs and possible de-prescribing.

REFERENCES

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