

**PATIENT POPULATION:** Percentage of patients 65 years of age and older who were prescribed Proton Pump Inhibitors (PPI) and may be considered high risk.

**DENOMINATOR:** Percentage of patients who were prescribed Proton Pump Inhibitors (PPI).

## NUMERATOR COMPLIANCE:

**Discussing reason for prescription:** Consider history and long-term indication.

**Long-Term PPI Use:** Greater than 8 weeks.

**Potential long-term complications:**

- » Infection (Clostridium difficile)
- » Malabsorption: hypomagnesemia, vitamin B12 deficiency, iron deficiency
- » Fractures of the hip, wrist, and spine
- » Kidney disease
- » Dementia

## LONG-TERM INDICATIONS

- » Barrett's esophagus
- » Erosive or severe esophagitis
- » Severe GERD requiring maintenance

## CODES

National Drug Code <sup>1</sup>	PRESCRIPTION
49884-148-11	Dexlansoprazole
31722-665-30	Esomeprazole
31722-570-30	Lansoprazole
68462-397-10	Omeprazole
10572-100-01	Omeprazole / sodium bicarbonate
31722-713-90	Pantoprazole

## BEST PRACTICES

- 1** Get patient background information
  - » History of endoscopy
  - » History of hospitalization for bleeding ulcer
  - » History of chronic NSAID use
  - » Heartburn or dyspepsia
- 2** Educate patients on long-term use and its complications.
- 3** Schedule regular medication reviews as part of your practice. Consider de-prescribing if indication is mild to moderate.
- 4** Tips for de-prescribing:
  - » De-prescribing can include stopping, stepping down, or reducing doses.<sup>2</sup>
  - » Use of a PPI longer than 6 months poses risk of symptoms related to rebound gastric acid hypersecretion, and will need a slow taper.
  - » Begin taper after asymptomatic for 8 weeks.
  - » No taper regimen has been deemed more effective than others; provider preference.
- 5** Provide patients with therapies to consider as a safer alternative:
  - » Avoid meals 2-3 hours before bed; elevate head of bed.
  - » Address if need for weight loss and avoid dietary triggers that increase reflux.
  - » Use an over-the-counter antacid.
- 6** Our care coordination team can provide patients with personalized support. To refer a patient please contact us:

Call 602-406-7226  
 Text 602-613-5797  
 CareCoordination@azcarenetwork.org

<sup>1</sup> U.S. Food & Drug Administration. National Drug Code Directory: <https://dps.fda.gov/ndc>  
<sup>2</sup> Farrell B, Pottie K, Thompson W, Boghossian T, Pizzola L, Rashid J, Rojas-Fernandez C, Walsh K, Welch V, Moayyedi P. (2015). Evidence-based clinical practice guideline for de-prescribing proton pump inhibitors. Unpublished manuscript. Farrell B, Pottie K, Thompson W, Boghossian T, Pizzola L, Rashid J, et al. Deprescribing proton pump inhibitors. Evidence-based clinical practice guideline. Can Fam Physician 2017;63:354-64 (Eng), e253-65 (Fr).