

Assessment of Proton Pump Inhibitors (PPIs)

Risks

PPIs have proven a remarkable tolerability profile in adults, but recent studies have shown that long-term use of PPIs can increase the risk for the serious side effects listed below.

Long-term use of PPIs have been associated with an increased risk for:

- Clostridioides Difficile (C.DIFF.)
- Clostridioides Difficile–Associated Diarrhea (CDAD)
- Hospital and community acquired pneumonia
- Recurrent infections
- Loss of life associated with cardiovascular disease and chronic kidney disease
- Fracture/Osteoporosis
- Dementia
- Decreased absorption of vitamins and minerals
- Drug interactions
- Reduced renal function

Assessment Questions

To help reduce the occurrence of PPIs being prescribed excessively, please make sure you are considering the following assessment questions before prescribing:

- Was therapy initiated during a hospitalization to prevent a stress ulcer? If yes, consider discontinuation unless there was an additional diagnosis for the drug.
- What is the PPI being used for?
- When was the last time a dose reduction was tried?
- Is it appropriate to transition to an H2 antagonist (if acid reduction is appropriate)?

Concurrent Use with Nonsteroidal Anti-Inflammatory Drugs (NSAID)

PPIs have shown a reduction in risk for NSAID induced ulcers. Please assess the NSAID, alternatives and dosing before changing the PPI.

Short-Term Indications
Helicobacter pylori (H. pylori) eradication to reduce the risk of Duodenal Ulcer (DU) recurrence, in combination with antibiotics.
Short-term and maintenance treatment for an ulcer.

Appropriate Long-Term Use
Healing of or maintenance of healed Erosive Esophagitis (EE).
Treatment of Gastroesophageal Reflux Disease (GERD).
Risk reduction of Gastric Ulcer (GU) associated with NSAID use.
Pathological hypersecretory conditions, including Zollinger-Ellison (ZE) syndrome.

Lower risks and medical costs are associated with lowering PPI overutilization. PPI use beyond eight (8) weeks without justification should be avoided¹.

Please direct any questions to the Superior Pharmacy department at 1-800-218-7453, ext. 22080 or 22272.

Sources Cited

- 1 Various. (2015). American Geriatrics Society 2015 Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults [Abstract]. The American Geriatrics Society, 15. Retrieved February 24, 2016, from <http://geriatricscareonline.org/toc/american-geriatrics-society-updated-beers-criteria-for-potentially-inappropriate-medication-use-in-older-adults/CL001>

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