THE RATIONAL USE OF PROTON PUMP INHIBITORS IN A GERIATRIC CENTER

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BACKGROUND
Proton pump inhibitors (PPI) are used for the treatment and prophylaxis of variety of acid peptic conditions. There has been a persistent practice of their inappropriate use.

PURPOSE
To evaluate the rational use of proton pump inhibitors in a geriatric center with 300 beds attached to a second class hospital.

MATERIAL AND METHODS
We performed a cross descriptive study in all patients of a geriatric center with PPI treatment in July 2014. Medical histories were reviewed and a collecting data table was designed: PPI, drug dosage, diagnosis, and concomitant NSAID treatment.

PPI criteria use were based on the current evidence available. Esomeprazole was limited to patients with nasogastric tube, as it is the only which allows such administration.

RESULTS
PPI were prescribed in 80% patients (242/300)

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<th>OMEPRAZOLE</th>
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<tbody>
<tr>
<td>Patients</td>
<td>197</td>
<td>45</td>
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<td>Gastrointestinal diagnosis</td>
<td>77/197 (39%)</td>
<td>11/45 (24%)</td>
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<td>No indication</td>
<td>120/197 (61%)</td>
<td>34/45 (76%)</td>
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69/120 (57.5%) were on chronic NSAID treatment.

It was re-evaluated 38,2% (13/34) patients whose indication was unknown: 69,2% (9/13) were suspended, on 30,7% (4/13) doses were changed to 20mg/24h. The remaining 11 patients were not changed without a clear scientific reason.

CONCLUSIONS
It was observed unsuitable use of PPI related with indication and drug dosage. Gastropathy prophylaxis in patients on NSAID was the most common correct indication. It is important to incorporate clinical pharmacists in geriatric centers teams to ensure and promote the rational use of medicines.