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### **Potentially inappropriate prescriptions of chronic consumption of Proton Pump Inhibitors: Are we doing it right?**

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**Background & Aim:** Proton Pump Inhibitors (PPIs) are among the most commonly prescribed drugs worldwide. Multiple scientific publications have reported an abuse in the consumption of PPIs. The aim of this study was to identify potentially inappropriate prescriptions of Proton Pump Inhibitors in primary health care. In order to have a closer approach to the magnitude and growing importance of this public health problem.

**Material and Methods:** Cross-sectional descriptive study. We retrospectively recruited patients who were chronic users of PPIs in an urban primary care centre in Barcelona that provides coverage to 32,000 patients. A simple random sampling of patients PPIs prescriptions between January 2013- december 2013. Main variables were: sex, age, type of PPI, concomitant intake of nonsteroidal anti-inflammatory drugs (NSAID), oral corticoids, acetylsalicylic acid (ASA), Clopidogrel, number of drugs prescribed per patient and clinical episodes in which the use of PPIs is approved. The study was conducted by the audit of computerized medical history. For the statistical analysis we used package SPSS/PC 19.0.

**Results:** Total patients included were 261, 157 (60.2%) women, mean age 69 (14.8SD). The most prescribed type of PPI was omeprazole (86.6%), followed by pantoprazole (7.7%) and esomeprazole (3.1%). Regarding gastrolesive drugs, 76 patients were taking ASA (29.1%), 55 were taking NSAID (21.1%), 17 were taking Cloridrogel (6.5%) and 5.4% were taking oral corticoids. The most frequently associated pathology was hiatal hernia, present in 26 cases (37.7%), followed by gastroesophageal reflux disease, present in 12 patients (17.4%). The prescription of chronic consumption of PPIs was appropriate in 191 patients (73.2%) and potentially inappropriate in 70 patients (26.8%).

**Conclusion:** The frequency of inappropriate prescription found in this study is lower than that observed in other studies. In spite of this, rationalizing the use of PPIs continues to be a pending subject.