gutflix
GI learning, personalised

Summary

# INVESTIGATING INAPPROPRIATE PROTON PUMP INHIBITOR USE IN PRIMARY CARE PATIENTS

Jan Tack

UEG Week Vienna 2024 | Poster

Oesophagus

October 13, 2024

**A study of 482 primary care patients on long-term PPI therapy without strict medical indication found that 42% had previously failed to stop PPIs, with distinct clinical profiles based on dose and initial indication.**

## KEY POINTS

- Patients on healing doses had significantly higher BMI (29.2 vs 27.6 kg/m$^2$, p=0.003) and higher postprandial fullness and early satiety scores (p=0.030) compared to those on maintenance doses.
- Patients initially prescribed PPIs for dyspepsia showed significantly higher psychosocial co-morbidity than those with reflux symptoms, including higher somatisation (p=0.015), depression (p=0.007), and anxiety (p=0.002).
- The most common initial indications for PPI therapy were low-grade reflux esophagitis (26%), functional dyspepsia (18%), uninvestigated reflux symptoms (13%), and uninvestigated dyspepsia (10%).
- Overall, the population had a mean age of 61 years, 58% were female, and the cohort exhibited on average low somatization, no depression, and no anxiety.
- The findings may inform deprescribing strategies in primary care for patients on long-term PPIs without strict medical indication.

## VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/5db411e8-9112-11ef-aefa-0242ac140004

**AI-generated summary**

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.