

IMPLEMENTATION OF A SMARTPHONE APP TO GUIDE OUTPATIENT CLINIC PATIENTS IN DISCONTINUING INAPPROPRIATE PPI USE: AN OPEN RANDOMIZED SUPERIORITY TRIAL

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A multicenter randomized controlled trial in the Netherlands evaluated a smartphone app providing individualized education versus a brochure for discontinuing inappropriate proton pump inhibitor use in 165 patients without chronic indication.

KEY POINTS

- At 2-months follow-up, 87% of patients in the smartphone app group discontinued PPI use compared with 66% in the brochure control group, based on preliminary results from 129 patients.
- At 4-months follow-up, 80% of the app group versus 67% of the control group had discontinued PPI use, based on preliminary results from 99 patients.
- The primary endpoint was discontinuation defined as self-declared intake of maximum one tablet in the previous 14 days.
- The authors conclude that the smartphone app providing timely guidance appears effective compared with a one-time information folder and suggest patients may discontinue inappropriate medication without time-consuming healthcare worker support.

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