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Summary

THE USE OF PROTON PUMP INHIBITORS AMONG ADULTS IN NORWAY – A NATIONWIDE DRUG UTILIZATION STUDY

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Oesophagus

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A Norwegian nationwide registry study found a 2.8-fold increase in prevalent proton pump inhibitor use from 2009 to 2022, driven primarily by treatment of esophageal disease and GERD and prophylaxis against ulcers in patients on ulcerogenic medications, while the proportion of incident users undergoing upper endoscopy fell by half.

KEY POINTS

- Prevalence of PPI use increased from 3.5% in 2009 to 9.9% in 2022, with incidence rising from 2.85% in 2011 to 5.42% in 2022, representing an increase from 15700 to 38700 defined daily doses per 1000 persons.
- The absolute increase was driven by a 3.5-fold increase in esomeprazole and a 5-fold increase in pantoprazole use over the study period.
- In 2022, esophageal disease and GERD accounted for 57.6% and 4.7% of defined daily doses in primary and secondary care respectively, with prophylaxis against gastroduodenal ulcer accounting for 4.8% and 0.95%.
- The proportion of incident PPI users who underwent upper endoscopy around treatment start decreased from 25.3% in 2009 to 11.1% in 2022, with the decline most pronounced in patients without a reimbursement diagnosis (19.2% to 6.9%).
- This nationwide study based on the Norwegian Prescription Database and Patient Registry is relevant for clinicians and policymakers monitoring PPI prescribing patterns and endoscopy utilization.

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