

UNNECESSARY PRESCRIPTION OF PROTON PUMP INHIBITORS (PPI): AN ANALYSIS OF INPATIENT DISCHARGE PRACTICES.

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Background: Proton pump inhibitors (PPI) have reportedly been used in inappropriate clinical settings, often leading to an increased risk of adverse effects, drug interactions, and costs. **Aim:** The aim of this study was to evaluate the appropriateness of PPI prescription on discharge of patients in medicine ward of a tertiary care hospital in Bangladesh. **Methods:** A cross-sectional study was done for 3 months in the department of medicine in a tertiary care hospital to evaluate the indications of PPI use, appropriateness of PPI use and types of PPI prescribed. A total of 107 patients who were prescribed PPI on discharge were enrolled after written informed consent and data were collected in a structured questionnaire. **Results:** Among the 107 patients discharged, 64 were males and 43 were females. The mean age was 51.3 ± 17.6 (SD) years. Among the study population, 49 were appropriately prescribed PPI and 58 were inappropriately prescribed PPI. Regarding indications, 53.1% received PPI for prevention of anti-platelet induced gastric erosion and 18.9% were prescribed PPI for no apparent reason. Age ($p=0.199$) and gender ($p=0.605$) was not significantly associated with the appropriate prescription of PPI. Of the various preparations of PPI prescribed, esomeprazole was prescribed in most of the discharged patients (56%). **Conclusion:** This study demonstrates the existence of an over-prescription of PPI. PPI prescription needs to be improved, thereby reducing drug interactions, adverse effects and unnecessary economical expenses.

Keywords: Proton pump inhibitors (PPIs), prescription, overuse, indications

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