

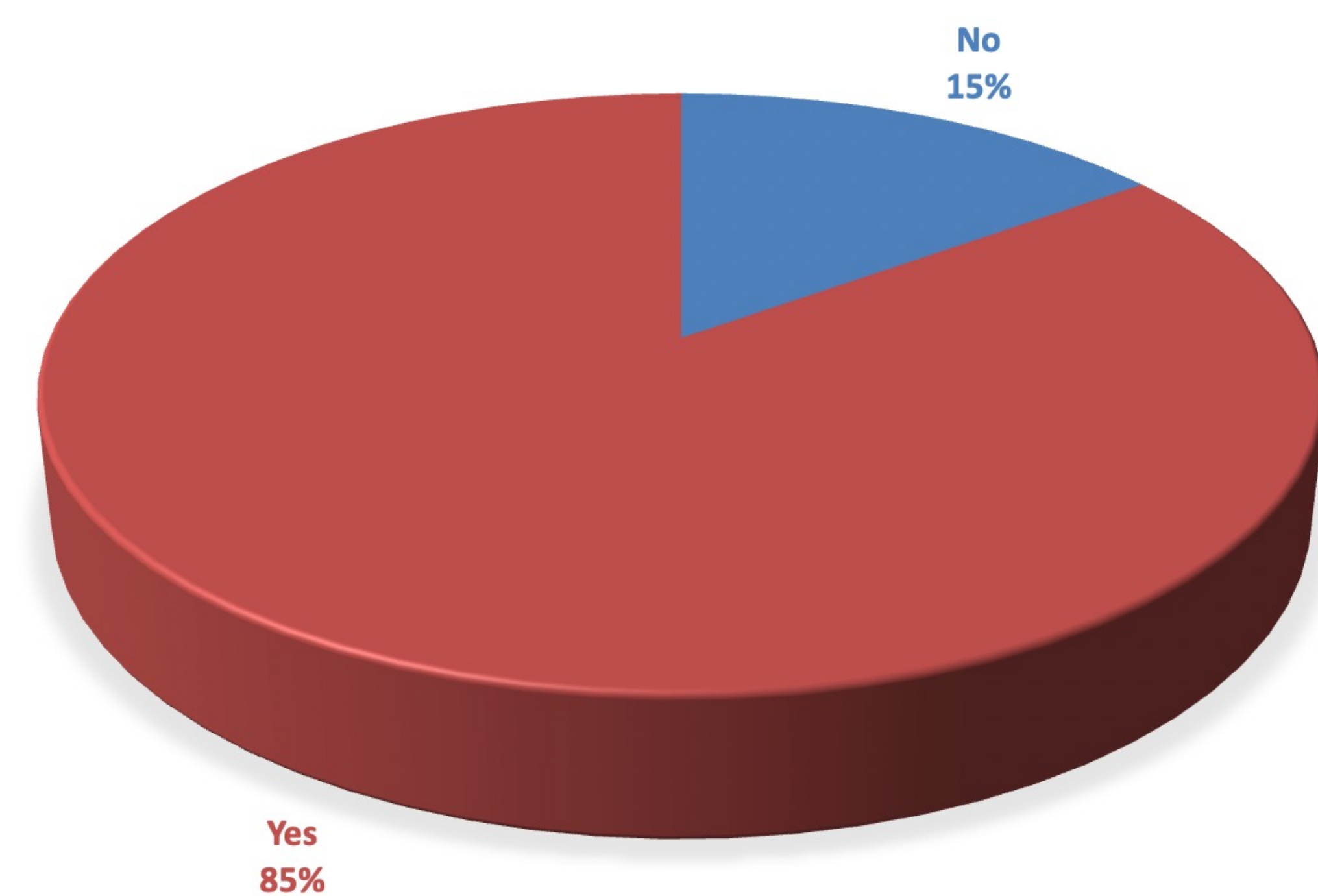
Introduction

- The AGA (American Gastroenterological Association) recommends long-term acid suppression therapy be titrated to the lowest effective dose needed to achieve therapeutic goals.
- Adverse outcomes have been reported from long-term use of proton pump inhibitors (PPI).
- However, few patients are reassessed on a regular basis to determine whether the PPIs are still needed, despite the fact that many patients who are receiving long-term therapy are able to have their dose modified or discontinued on the basis of the presence or absence of symptoms.

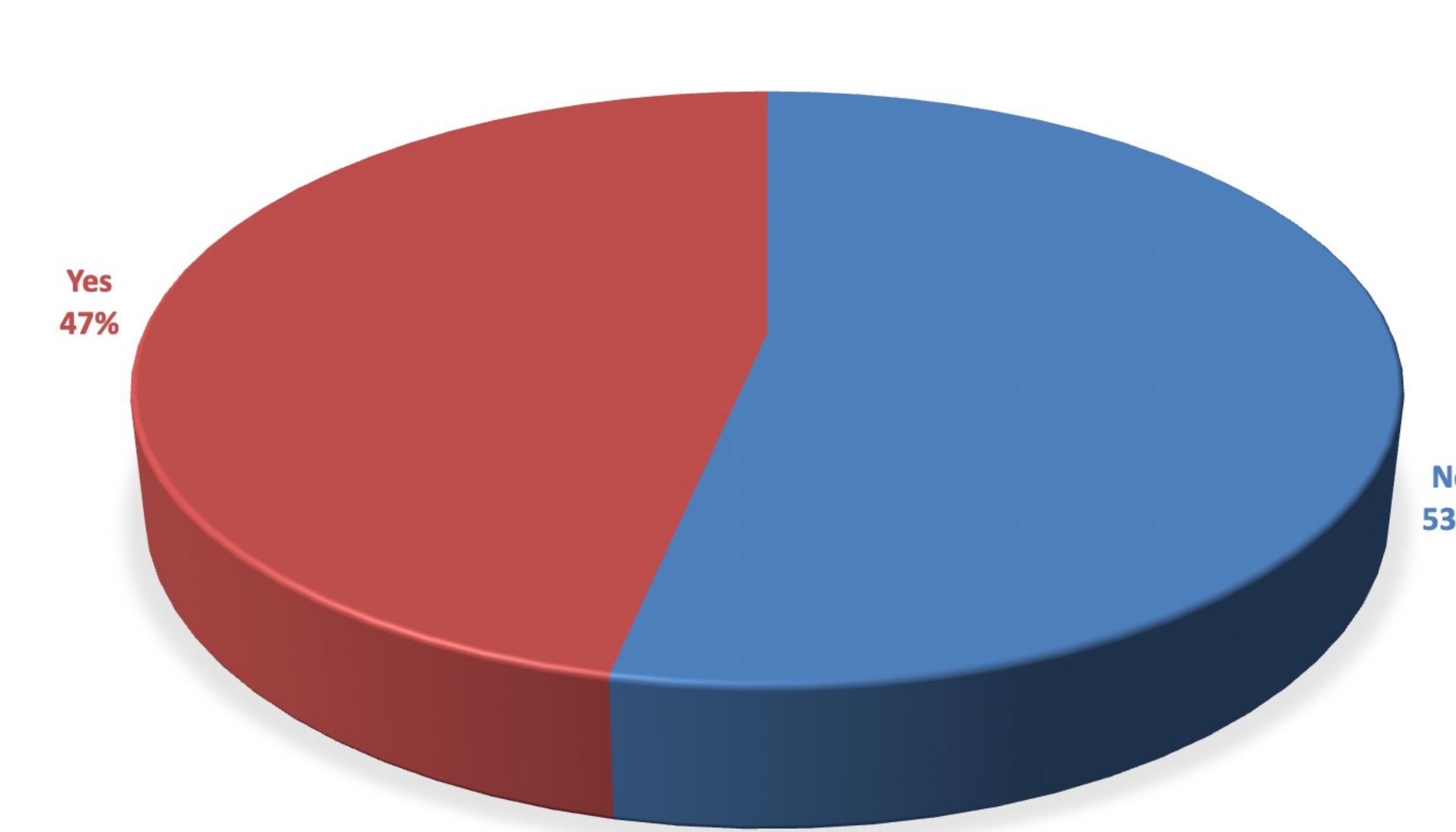
Methods

- We performed a retrospective chart review to ascertain the quality of our clinic's pharmacologic practices of the management of gastroesophageal reflux disease (GERD).
- 60 patients between the ages of 40-75 years who are treated for GERD at the Academic Internal Medicine Clinic at University Hospital with PPI in the years of 2019-2020 were selected with random sampling.
- We assessed what percentage of patients chronically treated with PPI had their symptoms reassessed in their visit and had their dose changed appropriately.
- We also studied what percentage of patients had their PPI discontinued if they are no longer symptomatic after treatment.

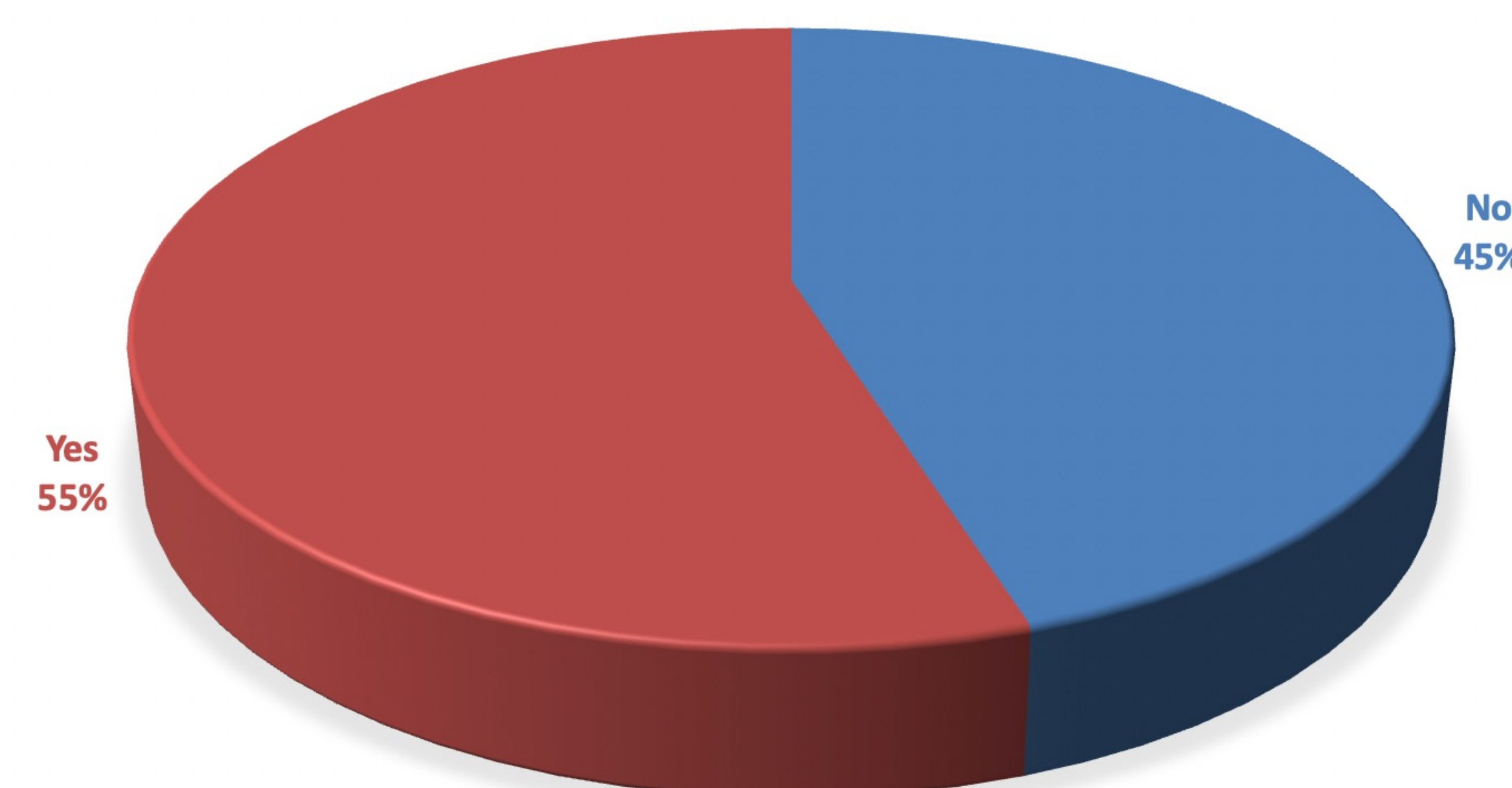
WERE SYMPTOMS OF GERD ADDRESSED AT VISIT (YES/NO)?



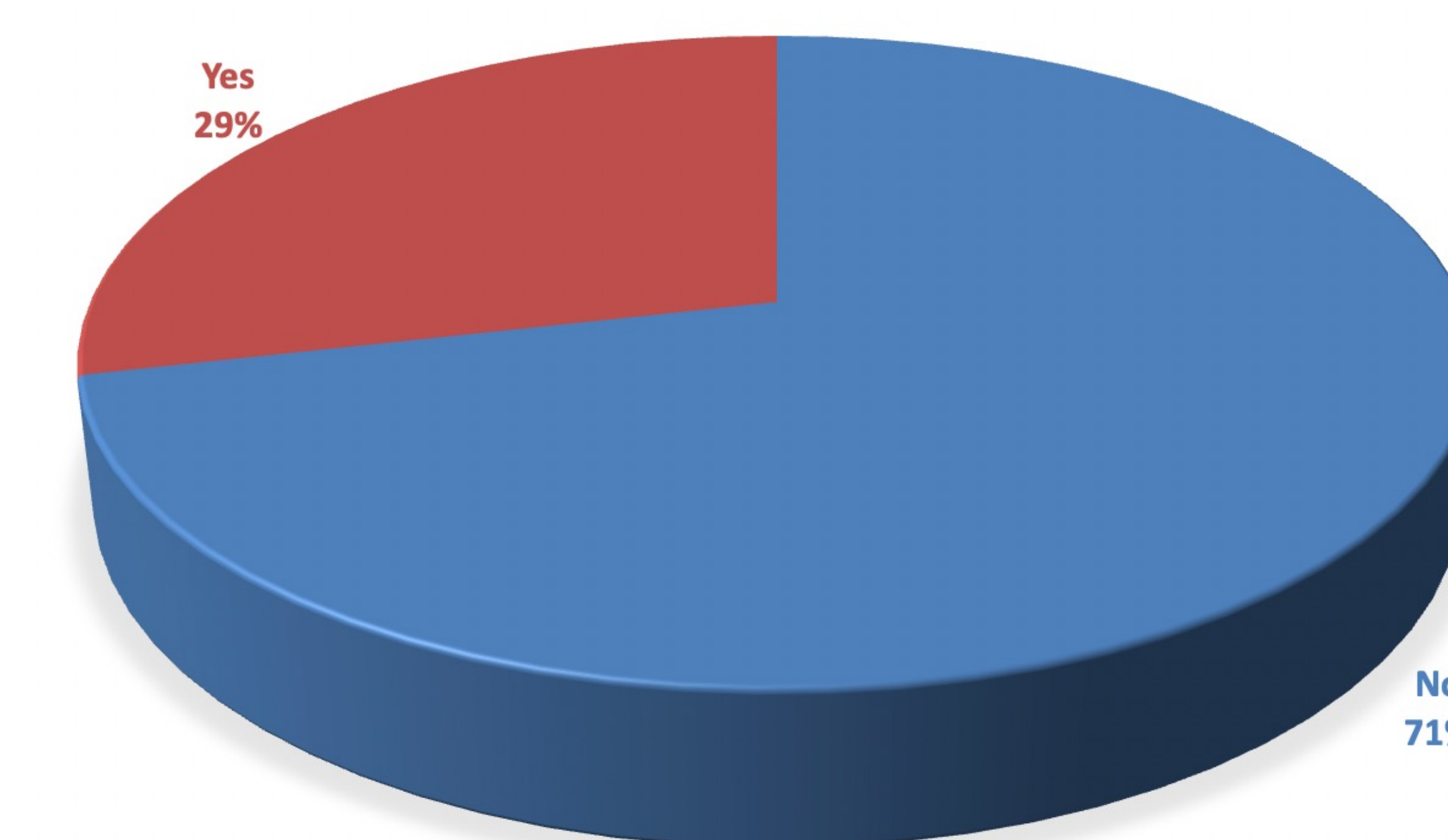
DID SYMPTOMS OF GERD RESOLVE (YES/NO)?



WAS PPI DOSE ADJUSTED ACCORDING TO SYMPTOMS (YES/NO)?



IF SYMPTOMS RESOLVED, WAS PPI DISCONTINUED (YES/NO)?



Results

- 51/60 (85%) patients had their GERD symptoms addressed.
- Among 51 patients whose GERD symptoms were addressed, 28 (54.9%) patients had their PPI dose adjusted appropriately.
- GERD symptoms resolved in 28/60 (46.7%) patients.
- PPI was discontinued in 8/28 (28.6%) patients.

Conclusion

Despite addressing GERD on a majority of randomly selected patients on retrospective chart review, our clinic did not appropriately modify or discontinue PPI therapy in a significant portion of our patient population. Future assessment of PPI therapy of GERD should explore quality improvement measures of enhancing PPI management with respect to patient symptoms.