

## Investigational Study to Assess the Prescriptions for the Proton Pump Inhibitors Prescribing and Related Adverse Effects

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**SUMMARY.** Proton pump inhibitors (PPIs) are the agents which are commonly used to reduce the stomach acid production. These agents are the strong potent inhibitors of the acid secretion. PPIs are the very popularly sold drugs worldwide and especially the omeprazole is on the WHO model list of essential medicines. The objective of the study is to assess and identify the irrational use of PPIs in medical wards. The prospective observational study was conducted for the period of 25 weeks at tertiary care hospital of Larkana Sindh, Pakistan. A total 2000 patient were recruited in this study. Routine visits to every single medical ward and Emergency departments were made with specific intention to search for PPI prescription, route and indication for use. Discharge notes of all patients taking PPIs were likewise looked into. After informed consent, information was gathered on predesigned proforma with no intercession in the management protocols of various teams of medicinal departments. Results were analyzed on spss software 20 version. Out of 2000 patients 60% were males and 40% were females. The visible indications for PPI use were gastro-esophageal reflux disease (GERD) 8.23%, stress ulcer prophylaxis 34.2%, and upper GI bleeding 20.1%. The patients who were prescribed injectable PPIs were 47.8 and oral were 52.14. The patients who had PPI prescribed on discharge slips were 82.3%. PPIs are over and irrationally used for the inpatients as well as for the discharged patients.

**RESUMEN.** Los inhibidores de la bomba de protones (PPIs) son los agentes que se usan comúnmente para reducir la producción de ácido estomacal. Estos agentes son los inhibidores potentes de la secreción de ácido. Los PPIs son los medicamentos más vendidos en todo el mundo y especialmente el omeprazol está en la lista modelo de medicamentos esenciales de la OMS. El objetivo del estudio es evaluar e identificar el uso irracional de los PPIs en medicina. El estudio prospectivo de observación se realizó durante un período de 25 semanas en el hospital de atención terciaria de Larkana Sindh, Pakistán. Un total de 2000 pacientes fueron reclutados en este estudio. Se realizaron visitas de rutina a todas las salas médicas y departamentos de emergencias con la intención específica de buscar recetas, rutas e indicaciones de PPIs para su uso. También se examinaron las notas de alta de todos los pacientes que tomaban PPIs. Después del consentimiento informado, se recopiló información sobre proforma prediseñada sin intercesión en los protocolos de gestión de varios equipos de departamentos medicinales. Los resultados se analizaron en la versión 20 del software spss. De 2000 pacientes, 60% eran hombres y 40% mujeres. Las indicaciones visibles para el uso de PPIs fueron la enfermedad por reflujo gastroesofágico (GERD) 8.23%, la profilaxis de úlceras por estrés 34.2% y el sangrado gastrointestinal superior 20.1%. Los pacientes a los que se les recetaron PPIs inyectables fueron 47.8 y los orales fueron 52.14. Los pacientes a los que se les recetó PPIs en los albaranes de alta fueron 82.3%. Los PPIs se usan de forma irracional para los pacientes hospitalizados, así como para los pacientes dados de alta.

**KEY WORDS:** discharge slips, inpatients, Larkana Sindh, proton pump inhibitors.

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