

## **SAND abstract No. 62 from the BEACH program 2003–04**

### **Subject: Use of proton pump inhibitors by general practice patients**

**Organisations supporting this study:** Janssen-Cilag Pty Ltd and the Australian Government Department of Health and Ageing

**Issues:** The proportion of general practice patients who are taking, or have taken, a proton pump inhibitor (PPI) medication; the conditions for which patients are being prescribed a PPI; whether different PPIs (or regimens) are being prescribed at different stages of the disease process; which PPI medications are being taken by patients with gastro-oesophageal reflux disease (GORD) at various stages of the disease process.

**Sample:** 5,245 encounters from 182 GPs; data collection period: 19/8/2003–27/10/2003.

**Method:** Detailed in the paper entitled 'SAND Method 2003–04' on this website:  
<[http://www.fmrc.org.au/publications/SAND\\_abstracts.htm](http://www.fmrc.org.au/publications/SAND_abstracts.htm)>.

### **Summary of results**

The age-sex distribution of respondents was similar to the distribution for all BEACH encounters, with the majority of patients (59.5%) being female. Patients aged 65 years and over accounted for 27.9% of the sample.

The proportion of general practice patients who had either taken a PPI in the past 12 months or were commencing a PPI was 13.4% (95% CI: 11.9–14.9). There were 733 conditions for which a PPI was prescribed. Oesophageal reflux accounted for 58.9% of these conditions (95% CI: 54.6–63.3), almost a quarter were oesophagitis (23.6%, 95% CI: 19.6–27.6), 10.5% (95% CI: 7.9–13.1) were peptic ulcer disease, and the remainder (7.0%, 95% CI: 5.0–8.9) were conditions other than those listed.

The stage of the condition for which a PPI was prescribed was recorded for 669 patients. Four out of five patients (80.0%, 95% CI: 76.7–83.2) were on maintenance treatment, 16.0% were having initial treatment or were in the healing phase, and the remainder (4.0%) were at other stages of disease.

Both initial and maintenance PPI medications were recorded for 313 patients. Of these, 90.1% (n=282) had the same PPI (at the generic level), while 9.9% (n=31) had different PPIs for initial and maintenance treatment. Of the 438 initial PPI medications, 46.4% were omeprazole, 21.2% were pantoprazole, 17.6% were esomeprazole, 7.8% were lansoprazole, and 7.1% were rabeprazole.

The proportion of patients who were on initial treatment for GORD was 14.4% (n=61). There were 206 initial PPI medications recorded with a specific strength for oesophageal reflux. Of these, omeprazole 20mg was the most common at 42.7% (n=88). Pantoprazole 40mg (22.3%, n=46) and esomeprazole 40mg (13.6%, n=28) followed. The proportion of patients who were on maintenance treatment for oesophageal reflux was 81.4%. There were 299 PPI maintenance medications recorded with a specific strength for GORD. Omeprazole 20mg was the most common (44.2%, n=132), followed by pantoprazole 40mg (17.1%, n=51) and esomeprazole 20mg (12.0%, n=36).

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