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Evaluation of the prescription pattern of proton pump inhibitors and the associated adverse drug reactions in the medicine unit of a secondary care hospital, Ras-al-Khaimah (RAK), United Arab Emirates (UAE)

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The inappropriate prescription pattern of Proton Pump Inhibitors (PPIs) continues to rise every year despite extensive literature addressing inappropriate utilization. This is significantly associated with drug-related problems (adverse drug reactions and drug-drug interactions). An observational, prospective study was carried out involving patients of age 18 and greater, admitted in the medicine ward of IBOH, RAK, UAE and who were prescribed with PPIs. Patients were monitored by the investigator, participating in the wards rounds with the clinician and relevant details was accessed through WAREED and documented in the patient profile form. All ADRs observed was confirmed by the physician and documented in the ADR forms. The ADRs scales utilized were: Naranjo, WHO, Hartwigs, Modified Schumock and Thornton's scale. Identified drug-drug interactions were graded based on the severity and the documentation was as per the Micromedex database 2.0. Statistical analysis was performed using SPSS version 20.0 and a total of 172 patients were studied. The predominant gender was female and 83 patients were in the age group of >58 years. The PPIs prescribed were; Pantoprazole (n=148), Esomeprazole (n=10), Rabeprazole and Omeprazole. An appropriate use of PPIs was found to be 37% whereas its inappropriate use was 63%. Five patients received the inappropriate dose of PPIs. Three clinically insignificant ADRs were observed in 5 patients with the use of Pantoprazole. No drug-drug interactions were observed. Majority of the prescriptions were not in line with the NICE guidelines utilized in the study site, in terms of its appropriateness. Our findings suggest the need for frequent prescription evaluation; institutional protocols and communication between a clinical pharmacist and a physician are crucial approaches.

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