



National Prescribing Service Limited



Case study 57: Proton pump inhibitors – appropriate and safe use (for GPs, pharmacists, nurses and other health professionals)

NPS case studies are designed to help you refine your clinical decision-making skills. After you complete and submit the case study, you will receive expert commentaries along with aggregated responses that provide a snapshot of your colleagues' responses.

Scenario

Mr Lee is a 60-year-old patient who has just finished his last omeprazole tablet. One year ago he presented complaining of an intermittent burning sensation in the epigastric region of his abdomen. He was diagnosed with gastro-oesophageal reflux disease and started on omeprazole 20 mg daily. Six months later, Mr Lee was symptom free and omeprazole was discontinued. However, Mr Lee returned two weeks later complaining of similar discomfort. He was referred for an endoscopy but the results were unremarkable. He was restarted on omeprazole 20 mg daily and has been taking it since then. He has been symptom free for the last five and a half months, and denies any episodes of gastrointestinal bleeding, difficulty in swallowing or weight loss.

He smokes a pack of cigarettes a day and drinks on weekends and at social functions. He also uses irbesartan 300 mg/hydrochlorothiazide 12.5 mg daily for his hypertension, which is well-controlled. He has no history of renal or hepatic disease and no known drug allergies. His father has diabetic nephropathy. The rest of his family history is unremarkable.

On examination he was afebrile and his blood pressure was 126/80 mmHg. He has a body mass index of 28 kg/m². There were no other significant findings.

How to participate

All participants: Complete ALL questions, fill in appropriate details and sign the consent agreement in the 'Your details' box (see over).

GPs: To be included in the Quality Prescribing Initiative of the Practice Incentives Program (PIP), quote your **provider and prescriber numbers** in the spaces provided.

Pharmacists: This activity is recognised for continuing professional development by the Pharmaceutical Society of Australia (PSA), the Society of Hospital Pharmacists of Australia (SHPA), the Australian Association of Consultant Pharmacy (AACP) and the Pharmacy Board of South Australia. PSA members, quote your membership number in the space provided. Other pharmacists, please self-record this activity. For details on recording participation see <http://casestudy.nps.org.au>

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Complete and submit your case study
online at: <http://casestudy.nps.org.au>

