

The COMPUS PPI Project – From Evidence to Interventions to Improved Health Outcomes

Medication

Proton Pump Inhibitors (PPIs) are a class of medications used to treat common gastrointestinal (GI) conditions.

Condition

This report has specifically addressed the use of PPIs for the management of: gastroesophageal reflux disease (GERD), dyspepsia, peptic ulcer disease (PUD), *H. pylori* infection and non-steroidal anti-inflammatory drug (NSAID)-associated ulcer.

Issue

PPIs are commonly prescribed and widely used in Canada, with 12.4 million PPI prescriptions dispensed in 2004. However, questions exist about whether PPIs are being prescribed and used appropriately. Both over- and under-usage of PPIs have been reported, and costs associated with inappropriate prescribing and use may be considerable. To optimize the prescribing and use of PPIs in Canada, the evidence needs to be examined and the results communicated effectively to policy makers, prescribers and consumers.

Methods

COMPUS was directed by the federal, provincial and territorial (F/P/T) governments to focus on the optimal use of PPIs in Canada. With that goal in mind, a multi-step process was undertaken by COMPUS to:

- identify, summarize and evaluate the clinical evidence in the form of **evidence-based statements**
- produce reliable **economic evidence**
- understand the **current practice**, in Canada, related to PPI prescribing and use
- identify **gaps in practice**, highlighting areas where current practice differs from the evidence
- develop **key messages** based on the evidence-based statements to address the gaps in practice
- **select interventions** to support the key messages and effect change in the prescribing and use of PPIs
- develop **intervention tools** for implementation
- develop an **evaluation framework**.

Results

The COMPUS PPI project has resulted in:

- 56 evidence-based statements
 - 28 relating to GERD
 - 6 relating to dyspepsia
 - 18 relating to PUD

- 3 key gaps in current PPI prescribing and use as compared to the evidence
- 3 primary, and 8 additional, key messages important to policy makers and prescribers
- 8 intervention tools ready for implementation to effect change in PPI prescribing and use, and a framework to assist in their evaluation
- 7 Optimal Therapy Reports on PPIs.

Key Messages

- All PPIs are equally efficacious in the initial treatment of GERD, dyspepsia and other common GI conditions.
- Doubling the standard daily doses of PPIs, as initial therapy, is no better than standard daily dose therapy.
- PPIs are not efficacious in treating cough, asthma or laryngeal symptoms associated with GERD.

Key Outcomes

Through the uptake and adoption of the COMPUS PPI key messages:

- Health outcomes can be improved
- Limited health care resources can be targeted more effectively.

This summary is based on the COMPUS Optimal Therapy Reports on PPIs available online at www.cadth.ca.

The goal of the COMPUS program is to identify and promote optimal drug prescribing and use.

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