

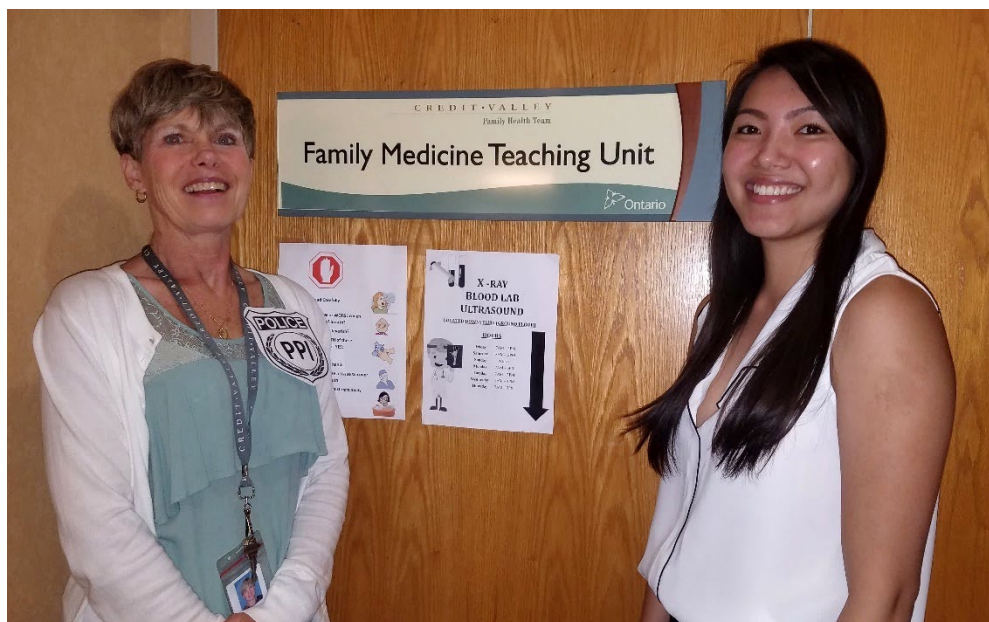


Nomination

The “How to” stream

Credit Valley FHT

PPI Deprescribing - Where We Came From, Where We're At, Where We're Going



The Credit Valley Family Health Team (CVFHT) implemented the Choosing Wisely Canada Gastroenterology Recommendation #1: “Don’t maintain long term Proton Pump Inhibitor (PPI) therapy for gastrointestinal symptoms without an attempt to stop/reduce PPI at least once per year in most patients” in December 2016. The aim of this project was to assess PPI use at the CVFHT and implement an initiative that would reduce long term PPI prescriptions for which there is no valid indication. The study was initially completed in June 2017 and a follow-up study was performed in June 2018 to assess the sustainability of the previous results.

All patients on a PPI for longer than 1 year for which no valid indication could be identified was telephoned and educated on the potential risks of long term PPI use. Patients were empowered with education on reducing PPI use, lifestyle management options for GERD/heartburn. Patients were monitored for follow-up by Pharmacist, pharmacy student or family doctor.