

Program Adı

CLINICAL PHARMACY ; Master Thesis - 2015

Tezin Adı

Rational Drug Use in Stress Ulcer prophylaxis at Near East University Tertiary Hospital in Northern Cyprus

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ABSTRACT

The project titled as "Rational Drug Use in Stress Ulcer Prophylaxis at NEU Tertiary Hospital in Northern Cyprus" was conducted in different inpatients wards at Near East University Hospital.

Clinical pharmacists are a primary source of scientifically valid information and advice regarding the safe, appropriate, and cost-effective use of medications having wide scope in drug therapy management and optimization using evidence based tools and recommendation. Regarding stress ulcer one of the main cause of morbidity and mortality despite the presence of effective strategies for prevention of stress ulcer, a considerable proportion of patients at risk for stress do not receive prophylaxis during hospitalization while others receive it irrationally though not candidates according evidence based recommendations.

Appropriate utilization of stress ulcer prophylaxis should be limited to high-risk, intensive care unit (ICU) patients. However, the inappropriate use of stress ulcer prophylaxis among all hospitalized patients remains a concern. The purpose of this study was to evaluate the trends of prescribing stress ulcer prophylaxis in ICU and general ward patients.

The study was carried as an observational prospective 70 days at a tertiary university hospital, 69 Patients suffering from different diseases from multiple clinics were enrolled to investigate risk for stress ulcer and observe rational use of stress ulcer prophylaxis for inpatients in healthcare settings using the American society of health system pharmacists (ASHP) guidelines for stress ulcer prophylaxis. The relevant information's were recorded with respect to patient's demographic data, disease incidence, drug costs and lack of patient education.

All patients enrolled in our study were found to be given at least one AST during hospitalization. Omeprazole was the most frequently used AST, followed by pantoprazole. Parental route was commonly used which cost 3 times more than oral AST.

In conclusion the rational use of stress ulcer prophylaxis will be associated with a decrease in inappropriate acid suppression rates during hospitalization and upon discharge as well as significant costs-savings.

Key words: Stress Ulcer Prophylaxis, Proton Pump Inhibitor, Histamine 2 Receptor Blocker, Clinical Pharmacy, ASHP, and Acid Suppression Therapy.