

# MIDDLE EAST PHARMACY AND PHARMACEUTICAL CONFERENCE

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## Impact of ambulatory clinical pharmacists' recommendations on a proton pump inhibitor overuse and taper protocol in an ambulatory care practice

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Proton pump inhibitors (PPIs) are one of the most commonly prescribed medications. They are efficacious and useful in the management of a variety of conditions including Gastro Esophageal Reflux Disease (GERD), reflux esophagitis and *Helicobacter pylori*-associated peptic ulcer disease. Previous studies have demonstrated an association between chronic proton pump inhibitor (PPI) utilization and adverse events such as fractures, infections, hypomagnesaemia and vitamin B12 deficiency. Because patients taking PPIs for an extended period of time are more susceptible to these adverse events, an approach to tapering patients off PPIs is clinically warranted. This project contributes to existing knowledge by showing that the inclusion of clinical pharmacists to identify eligible candidates and recommend a PPI taper yields, a reduction in PPI use and medication cost savings in primary care.

### Biography:

Said Abdel Karim is currently working as a Clinical Staff Lead Pharmacist with more than 8 years of experience as hospital Pharmacist. He has worked as a teaching aids at Al Ahram Canadian University, Egypt and drug control specialist in antibiotics department at NODCAR (The National Organization for Drug Control & Research). He is a certified American Board Pharmacotherapy Specialist (BCPS). He has completed his MSc in Clinical Pharmacy and MBA from Torrens University, Abu Dhabi.

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