

***[P-547E] Evaluation of the effectiveness and costs of a step down therapy program for proton pump inhibitors***

***Moniz, C. Y., Brown, R. R., Hirodane, G. S., Pharmacy Service (P-6-Phar), VA Medical Center, 3710 S.W. U.S. Veterans Hospital Rd., Portland, OR 97201, USA  
Internet: cathy.moniz@med.va.gov***

***Proton pump inhibitors (PPI) and histamine-2 receptor blockers (H2-blockers) have been used extensively in the treatment of acid related diseases. Many health care facilities are trying to encourage appropriate and cost effective use of PPIs. Our purpose was to assess the cost of therapy and effectiveness of a step down therapy program. Patients that were converted from a PPI to H2-blocker between May 1999-September 1999 were evaluated. Data was collected and analyzed for a 6 month period, starting at the time the patient was switched. Of the 312 patients evaluated, 160 and 10 patients remained on a PPI for long term and short term use, respectively. A total of 142 patients received a prescription for the step down therapy. Eighty-eight patients were successfully stepped down to a H2-blocker or remained off a PPI for the study period; 44 patients failed the step down therapy, and 10 patients were excluded from the study. Sixty percent of patients failed because of lack of symptom control, 4% for side effects of the H2-blocker, and 36% had no documented reason for failure. H2-blocker and PPI prescription fills increased and decreased, respectively during the study period. H2-blocker and PPI costs have decreased and increased, respectively during the study period. Median cost of the H2-blocker and PPI therapy was \$19.00 and \$153.00, respectively. The cost difference between the H2-blocker and PPI was \$134.00 per patient per month, a cost savings of \$144,000.00 per year. In summary, two-thirds of the patients were successfully stepped down to an H2-blocker or remained off a PPI; one-third failed the program.***