Drug dilemma: the risks of PPIs

- **Fracture risk:**
  - The absolute risk increase is small (0.5 extra hip fractures/1000 person years in regular PPI users compared with non-users) AND WAS ONLY SEEN IN SMOKERS (and women – this was from the US nurses’ health study!) (BMJ 2012;344:e372).
  - Risk is duration dependent: the longer you take the PPI for (>12m), the greater the risk.
  - The mechanism isn’t clear, although several theories have been suggested, including reducing calcium absorption or interfering with osteoclast function.

- **Infections**
  - Increased risk of Clostridium difficile infection (Arch Intern Med 2010;170: 784 and 772) and recurrent C. difficile (JAMA Intern Med. 2017; 177(6):784).
  - Early data suggested an increased risk of pneumonia but subsequent studies have disproved this (JAMA 2009; 301:2120, Ann Intern Med 2008;149:391, BMJ 2016;355:i5813).

- **Dementia:** there is an association (not causation) between dementia and regular PPI use. The risk increase is small: 1.4x increased risk (HR 1.44, CI 1.4-1.5) (DTB 2016:54;65).

- **Chronic kidney disease:** again, this is an association only and more research is needed (DTB 2016:54;39).

- **CVD:** there is some evidence, gleaned from pharmacovigilance data that has suggested a small increase in the risk of MI in those on PPIs (<1.2x increase risk of MI and 2 fold increased risk of CV death after 5 years PPI use). This data must not be over interpreted and should not change our practice – more data is needed before we change our practice on the basis of this study! (PLoS One 10 Jun 2015, doi:10.1371/journal.pone.0124653).

- **Hypomagnesium:** this association (based on 38 case reports to the US FDA!) triggered an MHRA alert suggesting we ‘consider’ measuring magnesium levels before treatment in those likely to be on long-term treatment. However, our understanding of the link between the two, its clinical significance and how to manage it, is severely lacking (Drug Safety Update, April 2012).

**What about H2RA for gastroprotection?**
- There are no good trials we are aware of that demonstrate H2RA are effective for gastroprotection in those on anti-platelet agents/anticoagulants.

**Do PPIs affect aspirin efficacy?**

A study of patients in Denmark looked at people admitted with a first MI. They matched those given a PPI as well as aspirin (>4000 patients) with those given aspirin but not PPI (15 000 people) (BMJ 2011;342:d2690).

- Those given a PPI and aspirin were at increased risk of re-infarction compared to those not given a PPI. The risk increase was small.
- All PPIs seemed to have the same effect (although rabeprazole was excluded as too few people were taking it).
- H2RA did not increase the risk of re-infarction. None were on clopidogrel.

**Why?**

Several suggestions have been made:
- Changing the acidity of the stomach may affect aspirin absorption.
- PPIs may interfere with aspirin’s ability to interact with platelets.

**What does this mean in practice?**

At the moment the risk increase is small and has not been quantified compared to the benefits of gastroprotection. There are no recommendations that we should stop using PPIs with aspirin, but I suggest we use them only where there is a good reason, until we know more.
OUR AUTUMN
2017 COURSES

Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses. We do all the legwork to bring you up to speed on the latest issues and guidance.

All our courses are:

Relevant Developed and presented by practising GPs and immediately relevant to clinical practice.

Challenging Stimulating and thought-provoking.

Unbiased Completely free from any pharmaceutical company sponsorship.

Fun! Humorous and entertaining – without compromising the content!

Are they for me?

Our courses are designed for:

• GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.

• GP ST1, 2 & 3, looking for the perfect launch pad into general practice and help with AKT and CSA revision.

• GPs who want to be brought up to speed following maternity leave or a career break.

• General Practice Nurses, especially those seeing patients with chronic diseases.

What’s included?

• 6 CPD credits in a lecture-based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.

• A printed copy of the relevant handbook including the results of the most important research in primary care over the last 5 years and covering the subjects more extensively than possible in the course.

• 12 months’ subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with Focused Learning Activities - online learning activities to provide evidence for your appraisal and earn hundreds of further hours of CPD credits.

• Buffet lunch and refreshments throughout the day!

What’s not included?

Our courses contain NO theorists, NO gurus, NO sponsors, NO reps on the day! Just real-life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk
OUR AUTUMN 2017 COURSES

The GP Update Course – our flagship course!

With the amount of evidence and literature inundating us, it can be hard to know which bits should change our practice, and how. The GP Update Course is designed to be very relevant to clinical practice and help you meet the requirements for revalidation.

We collate and synthesise the evidence for you so you don’t have to! Using a lecture based format, with plenty of time for interaction, the GP presenters discuss the results of the most important evidence and guidance, placing them in the context of what is already known about this topic. The presenters also concentrate on what it means to you and your patients in the consulting room tomorrow.

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The MSK and Chronic Pain Update Course - New

MSK problems are the most common reason for seeing a GP and represent 30% of repeat GP visits. We want to help build your confidence. On the course we will tackle:

- The evidence-base for common MSK conditions including osteoarthritis, spondyloarthritis, polymyalgia, fibromyalgia and much more.
- Diagnosis: why waddling like a duck might help; and what to do when there is no diagnosis!
- Why chronic pain is ‘in the brain’ – and more importantly, what we and our patients can do about it.

We will provide you with a new narrative and a tool box of strategies you can take back to the surgery and start using the next day.

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Lead. Manage. Thrive! – The management skills course for GPs

Many of us have chosen to be salaried or portfolio GPs yet feel impotent or looked over when it comes to contributing to the effective running of our practices. We become frustrated and feel that we have little or no influence over what happens. It’s not your fault, most GPs (experienced and new) have had very little training in management and leadership skills for clinical practice.

Here’s the good news, all of us ‘lead’ whether in an official or unofficial role.

Who is this course for? GPs at every stage in their career who aren’t quite sure how to get unstuck! Also highly relevant to anyone who recognises the need to build their personal resilience and leadership skills to meet the demands of modern primary care, i.e. practice managers, nurses, and administrative and support teams.

As usual Red Whale has done all the legwork to bring you a concise, practical and actionable one-day course and handbook. Not only have we trawled through lots of relevant management, leadership and development literature, but we have also distilled its content through the lens of real GPs, enabling you to apply it to the reality of your practice.

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**The Cancer Update Course**

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics. Shared care follow up will become the norm, and secondary care will pass responsibility to us.

A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”.

Education for GPs was one of their five key recommendations – we can help you get ahead of the curve! Established GPs and GP STs can use this course to bridge the gap in traditional GP cancer education which has focussed heavily on referral and end of life care missing out the whole journey in between.

This course is able to look in much more detail at the big picture behind the disease perhaps most feared by our patients and, let’s face it, that 1 in 2 of us will be diagnosed with over our lifetime.

### Dates

- **Nottingham**
  - Thur 9 Nov
- **Manchester**
  - Fri 10 Nov
- **Norwich**
  - Wed 15 Nov
- **Exeter**
  - Thur 16 Nov
- **London**
  - Fri 17 Nov

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**The Women’s Health Update Course**

From the pill to pelvic pain, periods and prolapses, the one day Women’s Health Update course is a comprehensive guide to understanding and managing common gynaecological problems in general practice. Using a case-based approach will give you the skills to manage your female patients in a real surgery.

We aim to make the day fun, interactive as well as educational. You will leave the course feeling more confident, knowledgeable and with a much stronger pelvic floor!!!

The day is designed for all GPs and GP STs – not just those with a special interest!

### Dates

- **Manchester**
  - Thur 2 Nov
- **Leeds**
  - Fri 3 Nov
- **Nottingham**
  - Thur 9 Nov
- **London**
  - Fri 10 Nov
- **Exeter**
  - Fri 17 Nov

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**Our Consultation Skills Courses**

One day small group courses designed for GPs, GP STs and General Practice Nurses. The courses have a practical focus and lots of engaging exercises allowing delegates to rehearse the most effective consultation behaviours.

But don’t worry, there won’t be any role playing in front of everybody!

For more information on each course, please visit [www.gp-update.co.uk/courses](http://www.gp-update.co.uk/courses)

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**The Telephone Consultation Course**

- **London**
  - Fri 6 Oct
- **Manchester**
  - Fri 13 Oct
- **Glasgow**
  - Sat 4 Nov

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**The Effective Consultation Course**

- **Leeds**
  - Wed 4 Oct
- **London**
  - Fri 24 Nov

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**Prices**

**GP Update Course:**
- GP £195 | GP Registrar £150 | Nurse £150

**All other courses:**
- £225 or £210 for members of [www.gpcpd.com](http://www.gpcpd.com)

(For GPCPD members, please log in and then click on the relevant button within the ‘Member information’ box on the right of the home screen to get your discount code)

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**Join the Red Whale pod**

Plan ahead! Save £60 when you book three courses in 2017. Use discount code 3BUNDLE2017 when booking via [www.gp-update.co.uk](http://www.gp-update.co.uk) or by phone 0118 960 7077.*

*Not to be used in conjunction with any other promotional codes.
I would like to come on the following course(s) (please write legibly!):

- The GP Update Course (location)............................................................... (date)................................
- The MSK and Chronic Pain Update Course (location)............................................................... (date)................................
- Lead. Manage. Thrive! Course (location)............................................................... (date)................................
- The Cancer Update Course (location)............................................................... (date)................................
- The Women’s Health Update Course (location)............................................................... (date)................................
- The Telephone Consultation Course (location)............................................................... (date)................................
- The Effective Consultation Course (location)............................................................... (date)................................

I can’t attend a course, but would like to order your Handbook or DVD:

- GP Update Handbook and 12 months’ access to GPCPD £150
- GP Update Handbook, DVD and 12 months’ access to GPCPD £225 (pre-order for delivery late May 2017.)
- Lead. Manage. Thrive! Handbook £70
- Women’s Health Update Handbook £70
- Cancer Update Handbook £70

Name.............................................................................................   Address ...........................................................................................
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Email........................................................................................................................................

(Please write your email address clearly as we’ll use it to send your confirmation letter and receipt.)

Price as stated in the flyer for each course. If applicable, please provide your discount code here............................................................

Please send this form with your cheque payable to GP Update Limited to: Red Whale, University of Reading, Reading Enterprise Centre, Earley Gate Entrance, Whiteknights Road, Reading, Berkshire RG6 6BU

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