

## **SAND abstract No. 24 from the BEACH program 2000–2001**

### **Subject: Gastro-oesophageal reflux disease (GORD) in general practice patients**

**Organisation supporting this study:** Janssen Cilag Pty Ltd

**Issues:** This sub-study was designed to gain further understanding of patients in general practice who have been diagnosed with gastro-oesophageal reflux disease (GORD) and the specific medications used in its treatment. Other elements such as medication regimen, patient level of satisfaction with medication effectiveness, and the person who initiated treatment were also explored.

**Sample:** 93 GPs responded to questions on behalf of 2,767 patients; data collection period: 20/02/00 – 26/03/01

**Method:** Detailed in the paper entitled 'SAND Method' on this web site (<http://www.fmrc.org.au/beach.htm>).

### **Summary of results**

The age–sex distribution of patients in this sample was similar to the distribution of the total BEACH sample. Females were represented at sixty percent of encounters. Patients aged between 25 and 64 years represented over half the sample (51.9%).

The estimated point–prevalence of GORD in general practice for this sample was 15.6% (n=433). For the majority of these patients, GORD had been diagnosed at a previous encounter (86.4%, n=374). The prevalence of GORD was most common among patients aged 65 or over, approximately 30% of whom had been diagnosed with GORD. The prevalence of GORD did not differ between males and females.

Seventy-eight percent (n=339) of patients with diagnosed GORD (n=433) indicated taking medications (n=364) specifically for GORD. Very few patients were taking more than one medication (7.08%, 24/339).

Over half of the medications that were currently being taken by patients were H<sub>2</sub>-receptor antagonists (H<sub>2</sub>RAs) (53.6%, 195/364) followed by proton pump inhibitors (PPIs) (29.1%, 106/364). Analysis of medications at the generic level indicated that Ranitidine was the most common generic medication being taken (37.6%, 137/364).

Seventy-five percent (n=254) of medications for which a drug regimen was recorded (n=337) were taken by patients on a 'daily' basis as opposed to an 'as required' (prn) basis.

An indication of whether each medication was initiated by a GP, specialist or other source was provided for 329 medications. The GP was the most common source of medication prescriptions (58.4%) and approximately one third (32.5%) of medications were initiated by a medical specialist.

Patients were also asked to specify their level of satisfaction with each medication using a scale from 1 (unsatisfied) to 5 (very satisfied). A large proportion of patients were at least satisfied ('4'–34.7%; '5'–44.3%), and 20.8% were less satisfied ('3'–12.5%; '2'–3.4%; '1'–4.9%).

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