



Stress Ulcer Prophylaxis Policy



Mount
Sinai
South
Nassau

Background

- **Stress ulcers** can develop when the **mucosal protection** is decreased from **poor gut perfusion**
- Initiation of **acid suppression therapy** is well established in certain **ICU patients** with **high risk factors** as **prevention** for **stress ulcers**
- **Long term use** of **acid suppression therapy** has been associated with **increased risk** of **fractures**, **malabsorption** of **calcium** and **magnesium**, **B12 deficiency** and **Clostridium difficile** infection

Purpose

- For **pharmacists** to **review orders** for **PPI** and/or **H2RA** and **discontinue** these orders if the **criteria** for **discontinuation** is met where **risk factors** for **stress ulcer related bleeding** are **no longer present**

Procedure

- **Screen patients** on **acid suppression therapy** for **stress ulcer prophylaxis**
- **Discontinue** an order if the patient **meets the criteria** for **discontinuation** under the **provider**
- **Attach a note** to the **discontinued order** and **document the reason** for **discontinuation**
- Take a **credentialing exam**, which is **valid for 1 year**, to **utilize this protocol** and **submit** to the **clinical coordinator**

Criteria for Discontinuation

- **Must be NO to ALL questions** to meet the **criteria for discontinuation**:
 - On **invasive mechanical ventilation**
 - Currently on **2 or more antithrombotic agents**
 - **Coagulopathy**: **INR > 1.5** or **aPTT > 45 seconds**
 - **Platelet count < 50,000 K/uL**
 - **Current diagnosis** of **GI bleed**
 - **Record** of **PPI** or **H2RA** on **admission med rec order**
 - **Current diagnosis** of **acute anaphylactic reaction** or **angioedema** requiring treatment with **famotidine**
 - **Current diagnosis** of **peptic ulcer disease** or **H. pylori disease**
 - **History** of **transplant**
 - **Current diagnosis** of **decompensated cirrhosis**
 - **Severe burns** (> 35% of **body surface area**)
 - **Traumatic brain injury**
- **Does NOT meet 2 or more of the following criteria**:
 - On **renal replacement therapy**
 - **Shock state** requiring **vasopressors**
 - Receiving **high dose corticosteroids**
 - **Chronic NSAID / aspirin use**
 - **Spinal cord injury**