

P.E.A.R.L.S. Practical Evidence About Real Life Situations



Proton pump inhibitors (PPIs) most effective treatment for oesophagitis

Clinical Question	What is the most effective treatment for reflux oesophagitis?
Bottom Line	Proton pump inhibitor (PPI) therapy is the most effective treatment for short-term management of gastro- oesophageal reflux disease (GORD) - NNT=7 (for PPI vs H2 receptor antagonist (H2RA) but (H2RA) therapy is also superior to placebo. There is a paucity of evidence on prokinetic therapy but no evidence that it is superior to placebo.
Context	GORD is a common problem with an estimated prevalence of 20% in adults. PPIs and H2RAs relieve symptoms by reducing acid secretion in the stomach.
Caveat	In equivalent dosage different PPI preparations do not show statistically significant differences in their healing effects. Although there was an apparently higher disease persistence rate at the end of the treatment with double dose PPI compared to standard dose, this difference was not statistically significant.
Reference	Mostafizur K et al. Medical treatments of the short term management of reflux oesophagitis. This review contains 134 trials with 35978 participants. Cochrane Reviews 2007, Issue 1.
Date (Author)	May 2007 (Brian R McAvoy)

NNT = numbers needed to treat to benefit one person

NNH = numbers needed to harm to benefit one person

Both NNT and NNH are only reported if the studies or pooling of studies is statistically significant

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