


The Prudent Prescriber

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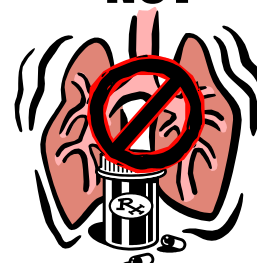
May/June 2013

Choosing Wisely

Pharm Reps \neq Rational Prescribing
(PR)  (RP)

- An initiative of the American Board of Internal Medicine Foundation.
- Focus on encouraging physicians, patients and other health professionals to think and talk about medical tests and procedures that may be unnecessary.
- 35 specialty societies have now joined the campaign.
- 17 societies have made recommendations.
- This month's newsletter represents a potpourri of medication uses that we all should rethink.
- With each of the suggestions I have listed the recommendation, the society that made it, some brief supporting data and a reference(s).

Antibiotics do NOT

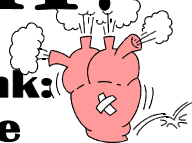


**help
acute bronchitis**

CHE?

Think:

**Ace
Aldactone
B-blocker
Dig
Diuretic**



**Avoid these expensive
"me-too" drugs:**



**Intermezzo
Vimovo
Livalo
Pristiq
Viibryd
Edarbi
Daliresp**



**Treat diabetics
BP to 130/80**



AAP

Cough and cold medicines should not be prescribed or recommended for respiratory illnesses in children under four years of age.

- Research has shown these products offer little benefit to young children and can have potentially serious side effects.
- Many cough and cold products for children have more than one ingredient, increasing the chance of accidental overdose when combined with another product.

Sharfstein, *Over the counter, but no longer under the radar* – pediatric cough and cold medications. *New England Journal Of Medicine*, 2007 December 6; 357 (23): 2321 – 4. And four other references

**B-blockers in
post-MI
save
lives**



**Pill splitters save
BIG**



**NOW AVAILABLE
ON THE
GENERIC MARQUEE**

**Plavix→clopidogrel
Avapro→irbesartan
Tricor→fenofibrate micronized
Arthrotec→diclofenac/misoprostol
Diovan HCT→valsartan/HCTZ
Atacand HCT→candesartan/HCTZ
Maxalt→rizatriptan**

American Geriatric Society

Do not use antimicrobials to treat bacteriuria in older adults unless specific urinary tract symptoms are present

- Cohort studies have found no adverse outcomes for older men and women associated with asymptomatic bacteriuria.
- Antimicrobial treatment studies for asymptomatic bacteriuria in older adults demonstrate no benefits and show increased antimicrobial side-effects.

Infectious Disease Society of America Guidelines, 2005

American Urologic Association

Do not prescribe testosterone to men with erectile dysfunction who have normal testosterone levels.

- While testosterone treatment is shown to increase sexual interest, there appears to be no significant influence on erectile dysfunction, at least not in men with normal testosterone levels.

American Urological Association Management of Erectile Dysfunction Clinical Practice Guideline updated 2006

American Geriatrics Society

Avoid using medications to achieve hemoglobin A1C less than 7.5% in most adults age 65 and older; moderate control is generally better.

- There is no evidence that using medications to achieve tight glycemic control in older adults with type II diabetes is beneficial.
- Tight control has consistently been shown to produce higher rates of hypoglycemia in older adults.
- Given the long timeframe to achieve theorized microvascular benefits of tight control, glycemic targets should reflect patient goals, health status, and life expectancy.
- Reasonable glycemic targets would be:
 - 7.0 – 7.5% in healthy older adults with long life expectancy
 - 7.5 – 8.0% in those with moderate comorbidity and a life expectancy < 10 years
 - 8.0 – 9.0% in those with multiple comorbidities and shorter life expectancy

The Action to Control Cardiovascular Risk in Diabetes. Effects of intensive glucose lowering in type II diabetics. New England Journal Of Medicine 2008 June 12; 258 (24): 2545 – 2559. And seven other references

Society of Hospital Medicine – Pediatric Hospital Medicine

Do not treat gastroesophageal reflux in infants routinely with acid suppression therapy.

- Anti-reflux therapy has been demonstrated to have no effect in reducing the symptoms of gastroesophageal reflux in children.
- Concerns regarding the use of proton pump inhibitor therapy in infants include inability to definitely diagnose pediatric patients according to the established criteria of GERD, lack of documented efficacy of acid suppression therapy and the potential adverse effects associated with acid suppression therapy.

Journal of Pediatric Gastroenterol Nutrition: 2009; 49:498 – 547. And 4 other references

American Academy of Otolaryngology – Head and Neck Surgery Foundation

Don't prescribe oral antibiotics for uncomplicated acute external otitis.

- Oral antibiotics have significant adverse effects and do not provide adequate coverage of the bacteria that cause most episodes.
- In contrast, topically administered products do provide coverage for these organisms.

Clinical Practice Guideline on Acute Otitis Externa Otolaryngol Head and Neck Surgery 2006 April



Consumer Reports is developing and disseminating materials for patients through large consumer groups to help patients engage their physicians in these conversations and ask questions about what tests and procedures are right for them. Here are some of the patient friendly topics they have developed.

- Allergy tests: When you need them and when you don't
<http://www.choosingwisely.org/doctor-patient-lists/allergy-tests/>
- Antibiotics: When children need them for respiratory illness
<http://www.choosingwisely.org/doctor-patient-lists/antibiotics-for-a-sore-throat-cough-or-runny-nose/>
- Bone-density tests: When you need them...
<http://www.choosingwisely.org/doctor-patient-lists/bone-density-tests/>
- Cancer care at the end of life: When to choose supportive care
<http://www.choosingwisely.org/doctor-patient-lists/care-at-the-end-of-life-for-advanced-cancer-patients/>
- EKGs and exercise stress tests: When you need them...
<http://www.choosingwisely.org/doctor-patient-lists/ekgs-and-exercise-stress-tests/>
- Hard decisions about cancer
<http://www.choosingwisely.org/doctor-patient-lists/hard-decisions-about-cancer/>
- Why scheduling early delivery of your baby is not a good idea
<http://www.choosingwisely.org/doctor-patient-lists/delivering-your-baby/>

You may access previous issues at <http://www.prudentprescriber.org>.

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