

## Physician Questionnaire Regarding Knowledge and Confidence with Deprescribing PPIs

For the questions 1-8, please choose all the answers that are correct.

1.) After making a diagnosis of GERD (gastroesophageal reflux disease) in your patient, what is the recommended duration of therapy a patient should be treated for with a PPI?

- A.) 1 to 2 weeks
- B.) 2 to 4 weeks
- C.) 4 to 6 weeks
- D.) 6 to 8 weeks

2.) When testing for eradication of *H. pylori* infection, how long should patients be off PPIs?

- A.) Does not matter
- B.) 3 days
- C.) 1 week
- D.) 2 weeks

3.) Which of the following patients should remain on long-term PPI therapy?

- A.) A 85 year old alcoholic male with stage II adenocarcinoma of the stomach
- B.) A 45 year old otherwise healthy female on daily Aleve for her rheumatoid arthritis
- C.) A 50 year old male with ulcers noted on endoscopy, complaining of coffee-ground emesis
- D.) A 25 year old female immigrant with four documented *H. pylori* infections in the past 2 years

4.) What is an associated electrolyte abnormality associated with long-term PPI use?

- A.) Hypercalcemia
- B.) Hypokalemia
- C.) Hypochloremia
- D.) Hypomagnesemia

5.) Increased calcium supplementation is sufficient for reducing risk of developing osteoporosis in patients on long-term PPIs.

- A.) True
- B.) False

6.) Patients currently being treated with PPIs should be counseled to also cut out all of the following foods: chocolate, tomatoes, spicy foods, caffeine, alcohol, and mint.

- A.) True
- B.) False

7.) H2 receptor antagonists (e.g. famotidine and ranitidine) are more effective than PPIs for controlling acute GERD.

A.) True

B.) False

8.) Appropriate deprescribing of medications is a practice that providers should implement because:

A.) Polypharmacy leads to increased risk of adverse drug reactions

B.) Financial burden of medications may exist to the patient

C.) Provider-directed deprescribing may be safer than patient-initiated deprescribing

D.) Long-term prescribed medications may no longer be required by the patient

9.) On a scale from 1 to 10, with 1 indicating no confidence and 10 indicating complete confidence, how confident do you feel recognizing which of your patients are appropriate for deprescribing long-term PPIs?

1      2      3      4      5      6      7      8      9      10

10.) On a scale from 1 to 10, with 1 indicating no confidence and 10 indicating complete confidence, how confident do you feel discussing with your patients about deprescribing their long-term PPIs?

1      2      3      4      5      6      7      8      9      10

11.) On a scale from 1 to 10, with 1 indicating no confidence and 10 indicating complete confidence, how confident do you feel counseling your patients with difficulties they may experience coming off their long-term PPIs?

1      2      3      4      5      6      7      8      9      10

12.) On a scale from 1 to 10, with 1 indicating no confidence and 10 indicating complete confidence, how confident overall do you feel with the process of deprescribing patients off long-term PPIs?

1      2      3      4      5      6      7      8      9      10