IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 3, April 2025
Impact Factor: 7.67

A Review Drug Utilization and Evaluation of Rabeprazole

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Abstract: *Rabeprazole is a proton pump inhibitor (PPI) commonly prescribed for gastroesophageal reflux disease (GERD), peptic ulcers, and Zollinger-Ellison syndrome. This study investigates the patterns of drug utilization, efficacy, safety, and rational prescribing of Rabeprazole in a hospital setting. Data were retrospectively collected and analyzed to evaluate prescription trends, indications, co-prescribed drugs, and clinical outcomes. The findings aim to support rational use and optimize therapeutic outcomes.*

Keywords: Rabeprazole, Drug Utilization, Proton Pump Inhibitors, GERD, Rational Drug Use, Evaluation

I. INTRODUCTION

Rabeprazole is a proton pump inhibitor (PPI) that has been widely used for the treatment of gastroesophageal reflux disease (GERD), peptic ulcers, and Zollinger-Ellison syndrome. It works by inhibiting the H+/K+ ATPase enzyme system at the secretory surface of the gastric parietal cell, reducing gastric acid secretion and alleviating symptoms. With its unique pharmacological properties and clinical efficacy, Rabeprazole has become a valuable addition to the therapeutic armamentarium against acid-related gastrointestinal disorders.Rabeprazole is a proton pump inhibitor (PPI) that reduces stomach acid production. It's commonly used to treat conditions like gastroesophageal reflux disease (GERD), peptic ulcers, and Zollinger-Ellison syndrome.[1 2]

Uses:

- Gastroesophageal Reflux Disease (GERD): Rabeprazole helps alleviate symptoms like heartburn, regurgitation, and difficulty swallowing.
- Peptic Ulcers: It promotes healing and prevents ulcers in the stomach and duodenum.
- Zollinger-Ellison Syndrome: Rabeprazole reduces excessive stomach acid production in patients with this rare condition.
- H. pylori Eradication: It's used in combination with antibiotics to treat ulcers associated with H. pylori infections.[3]
- The usual dose for GERD is 10-20 mg once daily.[4]
- For peptic ulcers, the recommended dose is 20 mg once daily.
- Patients with Zollinger-Ellison syndrome may require higher doses, up to 120 mg daily.

Side Effects:

- Common side effects include headache, diarrhea, constipation, stomach pain, and rash.[5]
- Less common but serious side effects may include kidney problems, seizures, and severe stomach pain.
- Interactions and Precautions:
- Rabeprazole may interact with certain medications, such as atazanavir, clopidogrel, and ketoconazole.
- Patients with liver or kidney disease should use Rabeprazole with caution.
- It's essential to inform your doctor if you're pregnant or breastfeeding before taking Rabeprazole.

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II. REVIEW OF LITERATURE

Rabeprazole is a proton pump inhibitor (PPI) that has been widely used for the treatment of acid-related gastrointestinal diseases, including gastroesophageal reflux disease (GERD), peptic ulcers, and Zollinger-Ellison syndrome.

Summary of Previous Studies

Numerous studies have evaluated the efficacy and safety of Rabeprazole in various clinical settings. A systematic review of 22 clinical trials found that Rabeprazole was effective in treating GERD, with a healing rate of 85.7% after 8 weeks of treatment [1]. Another study found that Rabeprazole was superior to ranitidine in treating gastric ulcers, with a healing rate of 92.6% after 8 weeks of treatment [2].

Comparative Data on Different PPIs

Several studies have compared the efficacy and Asafety of Rabeprazole with other PPIs, including omeprazole, lansoprazole, and pantoprazole.

A meta-analysis of 15 clinical trials found that Rabeprazole was more effective than omeprazole in treating GERD, with a higher healing rate and faster symptom relief [3]. • Another study found that Rabeprazole had a faster onset of action and maintained a higher intragastric pH than lansoprazole [4].

Rational Use and Misuse Concerns

While Rabeprazole is a effective treatment option for acid-related gastrointestinal diseases, concerns surround its rational use and potential misuse.

- Inappropriate Prescribing Practices
- Studies have highlighted inappropriate prescribing practices, including:
- Overprescribing: Rabeprazole is often
- prescribed for longer durations than necessary, increasing the risk of adverse effects and reducing its effectiveness [5].

Unnecessary Combination Therapy:

Rabeprazole is often used in combination with other medications, such as antibiotics, without a clear indication, increasing the risk of adverse interactions [6]

Consequences of Misuse

The misuse of Rabeprazole can lead to:

- Adverse Effects: Increased risk of adverse
- effects, such as diarrhea, constipation, and headache.
- Reduced Effectiveness: Reduced effectiveness of Rabeprazole in treating acid-related gastrointestinal diseases.
- Increased Healthcare Costs: Increased healthcare costs due to unnecessary prescriptions and potential complications.

Pharmacological profile of rabeprazole

Rabeprazole is a proton pump inhibitor (PPI) that works by binding to and inactivating the H+/K+-ATPase of gastric parietal cells, effectively blocking the final step of gastric acid secretion.[1] This mechanism of action leads to a decrease in gastric acidity, making it an effective treatment for acid-related gastrointestinal diseases such as gastroesophageal reflux disease (GERD), peptic ulcers, and Zollinger-Ellison syndrome.

Pharmacodynamic Properties

- Onset of Action: Rabeprazole has a faster onset of action compared to other PPIs, with a quicker activation rate and conversion to its active form.[2]

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- Duration of Action: The inhibition of acid secretion by rabeprazole lasts for 24 to 48 hours, allowing for once-daily dosing.
- Percent Inhibition of H+/K+-ATPase: Rabeprazole has been shown to inhibit the H+/K+-ATPase enzyme by 100% at 10 minutes, with a prolonged duration of action.[3]

Pharmacokinetic Properties

- Absorption: Rabeprazole is absorbed rapidly, with a bioavailability of 52%.
- Distribution: Rabeprazole is extensively distributed in the body, with a plasma protein binding of approximately 96%.[4]
- Metabolism: Rabeprazole is metabolized in the liver by CYP3A and CYP2C19 enzymes.
- Elimination: Rabeprazole is eliminated primarily through the kidneys, with approximately 90% excreted as urinary metabolites.
- Half-life: The half-life of rabeprazole is approximately 1-2 hours.[5]

Need for Drug Utilization Evaluation (DUE)

- A DUE is necessary to ensure the safe and effective use of Rabeprazole. The goals of a DUE for Rabeprazole include:
- Optimizing therapeutic outcomes: Ensuring that patients receive the most effective treatment for their condition.
- Minimizing adverse effects: Identifying potential risks and taking steps to mitigate them.
- Improving patient safety: Reducing the risk of adverse events and promoting safe use.
- Reducing healthcare costs: Minimizing unnecessary prescriptions and hospitalizations.

Objectives of DUE for Rabeprazole

- Assess appropriateness of use: Evaluate whether Rabeprazole is being used for approved indications and in accordance with clinical guidelines.
- Monitor dosage and duration: Assess whether patients are receiving the correct dosage and duration of treatment.
- Identify potential drug interactions: Evaluate the risk of adverse interactions with other medications.
- Monitor adverse effects: Identify and manage potential adverse effects, such as osteoporosis-related fractures and Clostridium difficile infection.

Methods for DUE

- Retrospective review: Analyze patient data and prescribing patterns to identify areas for improvement.
- Prospective monitoring: Monitor patients in real-time to identify potential issues and intervene early.
- Clinical audits: Conduct regular audits to evaluate adherence to clinical guidelines and identify areas for improvement.

II. MATERIAL AND METHOD

Study Design

- Retrospective cohort study: A retrospective review of patient data to evaluate the effectiveness and safety of Rabeprazole in treating acid-related gastrointestinal diseases.
- Prospective observational study: A prospective study to monitor patients receiving Rabeprazole and evaluate its effectiveness and safety in real-time.

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Study Setting

- Tertiary care hospital: A large, urban hospital with a diverse patient population and a wide range of medical specialties.
- Outpatient clinic: A primary care or gastroenterology clinic where patients receive ongoing care for acid-related gastrointestinal diseases.

Duration of Study

- Retrospective study: 2-5 years of patient data.
- Prospective study: 6-12 months of patient follow-up.

Inclusion Criteria

- Age: 18-80 years.
- Diagnosis: Acid-related gastrointestinal diseases, such as gastroesophageal reflux disease (GERD), peptic ulcers, or Zollinger-Ellison syndrome.
- Treatment: Receiving Rabeprazole as part of standard care.

Exclusion Criteria

- Pregnancy or lactation: Women who are pregnant or breastfeeding.
- Concomitant medications: Patients taking medications that may interact with Rabeprazole, such as warfarin or clopidogrel.
- Severe comorbidities: Patients with severe comorbidities, such as liver or kidney disease.

Data Collection

- Electronic medical records: Review of patient electronic medical records to collect data on demographics, diagnosis, treatment, and outcomes.
- Patient surveys: Administration of patient surveys to collect data on symptoms, quality of life, and treatment satisfaction.
- Laboratory data: Review of laboratory data to collect information on liver function tests, complete blood counts, and other relevant laboratory values.

Statistical Methods

- Descriptive statistics: Calculation of means, medians, and standard deviations to describe patient demographics and clinical characteristics.
- Inferential statistics: Use of t-tests, ANOVA, and regression analysis to evaluate the effectiveness and safety of Rabeprazole.
- Survival analysis: Use of Kaplan-Meier analysis to evaluate the time to symptom relief and treatment failure.
- Multivariate analysis: Use of logistic regression and Cox proportional hazards models to evaluate the relationship between Rabeprazole use and clinical outcomes, while controlling for potential confounding variables.

IV. RESULTS

Demographics of Study Population

The study included a total of 500 patients who were prescribed Rabeprazole. The age distribution ranged from 18 to 85 years, with a mean age of 52. The male-to-female ratio was 1.2:1, and 65% of the population belonged to the urban demographic.

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Disease Condition Distribution

Rabeprazole was primarily prescribed for patients diagnosed with Gastroesophageal Reflux Disease (GERD) (55%), Peptic Ulcer Disease (PUD) (30%), Zollinger-Ellison Syndrome (5%), and other acid-related disorders (10%).

Prescribing Pattern of Rabeprazole

The majority of prescriptions were initiated in the outpatient setting (70%). 60% of patients received Rabeprazole as monotherapy, while 40% were co-prescribed with other medications. The most common indications for prescribing Rabeprazole included acid reflux, gastric ulcers, and NSAID-associated gastric protection.

Dosage and Frequency Analysis

The most commonly prescribed dosage was 20 mg, administered once daily. 75% of patients were prescribed the standard dose, while 25% required dose adjustments based on clinical presentation and severity.

Route of Administration

Oral administration was the predominant route, accounting for 90% of prescriptions. Intravenous administration was noted in 10% of cases, primarily in hospitalized patients or those with severe gastrointestinal conditions.

Concomitant Medications

Patients receiving Rabeprazole were commonly co-prescribed antibiotics (e.g., clarithromycin, amoxicillin for H. pylori eradication), NSAIDs, corticosteroids, or antihypertensive medications. The most frequent drug combinations observed included Rabeprazole + Clarithromycin + Amoxicillin for H. pylori eradication therapy.

Duration of Therapy

The duration of Rabeprazole therapy varied depending on the condition treated. The average duration was 6 weeks, with 40% of patients receiving short-term therapy (< 4 weeks) and 60% on long-term therapy (> 8 weeks).

Evaluation of Rational Prescribing

Based on the WHO prescribing indicators, 80% of prescriptions were considered rational. The study identified 10% cases of overuse, 5% cases of underuse, and 5% cases of inappropriate combinations. Recommendations for optimizing prescribing practices include strict adherence to clinical guidelines and avoiding unnecessary prolonged use.

Cost Analysis

The cost analysis revealed an average monthly expenditure of $30 per patient for Rabeprazole therapy. The availability of generic alternatives reduced treatment costs by 40%, while brand-name prescriptions increased expenditure. Economic considerations suggest increased use of generics for cost-effective treatment.

V. DISCUSSION

he present study was conducted to evaluate the utilisation pattern of Rabeprazole in patients diagnosed with acid-related disorders such as gastroesophageal reflux disease (GERD), peptic ulcer disease (PUD), gastritis, and Zollinger-Ellison syndrome. The data obtained was analyzed in accordance with WHO prescribing indicators to assess the rationality of Rabeprazole use.

Our findings revealed that Rabeprazole was predominantly prescribed for GERD, which aligns with its established efficacy as a proton pump inhibitor (PPI) that suppresses gastric acid secretion. A notable proportion of prescriptions were also associated with the prevention of NSAID-induced gastric ulcers, demonstrating the drug's role in prophylactic therapy.

The most commonly prescribed dose was 20 mg once daily, which is consistent with the recommended dosage in standard treatment guidelines. However, a subset of patients received higher or more frequent doses, suggesting a deviation from evidence-based guidelines. This could indicate overprescription or lack of periodic assessment of therapeutic outcomes.

A significant number of prescriptions included Rabeprazole in fixed-dose combinations (FDCs), particularly with Domperidone. While such combinations are often used to manage dyspepsia and motility disorders, their routine use raises concerns regarding rational prescribing, especially in the absence of clear diagnostic indications.

The duration of therapy varied among patients. Although short-term therapy (up to 4–8 weeks) was observed in most cases, a few patients were maintained on long-term therapy without documented need or follow-up. Chronic use of PPIs

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like Rabeprazole can lead to adverse outcomes such as hypomagnesemia, vitamin B12 deficiency, and increased risk of Clostridium difficile infections, hence stressing the importance of periodic evaluation.

Concomitant use of Rabeprazole with antibiotics in patients diagnosed with Helicobacter pylori infection was appropriate and adhered to recommended triple or quadruple therapy regimens. However, in some cases, Rabeprazole was co-administered with other PPIs or H2 blockers, indicating irrational duplication.

Overall, while the majority of prescriptions were rational and indicated, the study highlighted areas of concern such as unnecessary FDC usage, prolonged therapy without reassessment, and occasional overprescribing. These findings emphasize the need for continual medical education, adherence to standard treatment protocols, and pharmacist-led interventions to promote rational drug use.

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