# Inhibiting more than the proton pump

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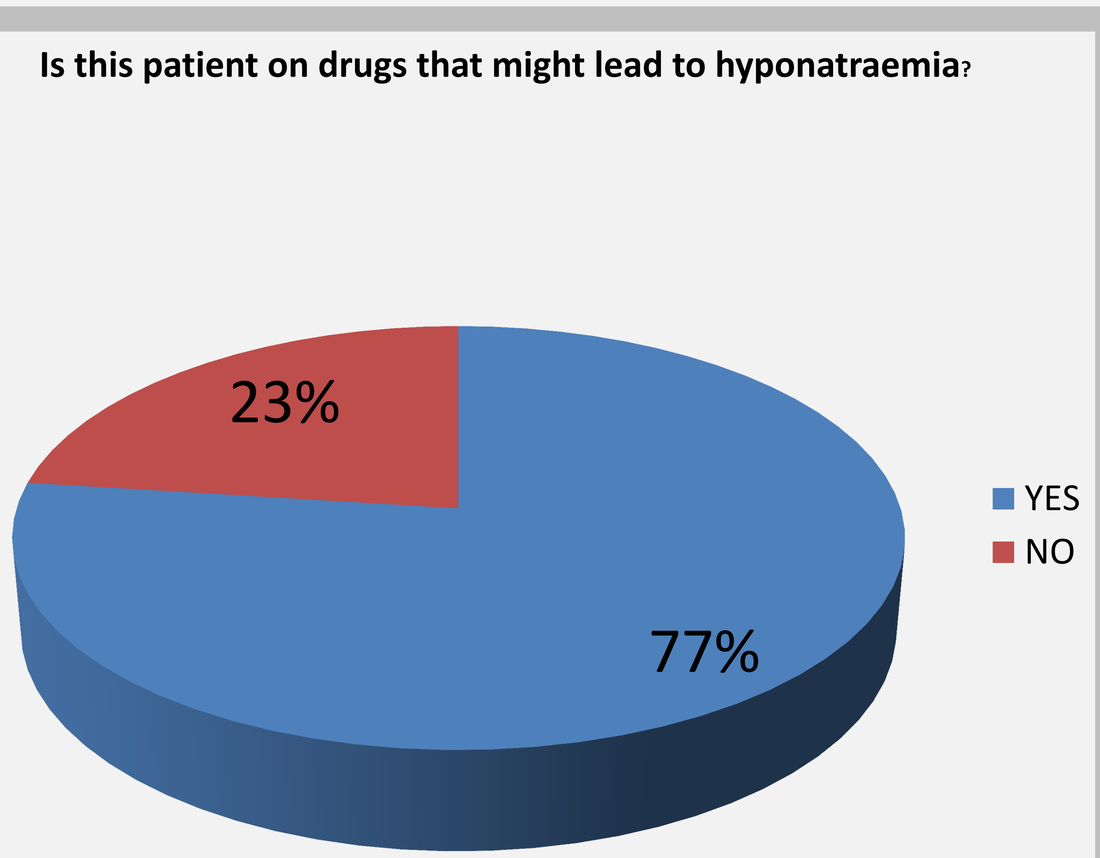
## Introduction

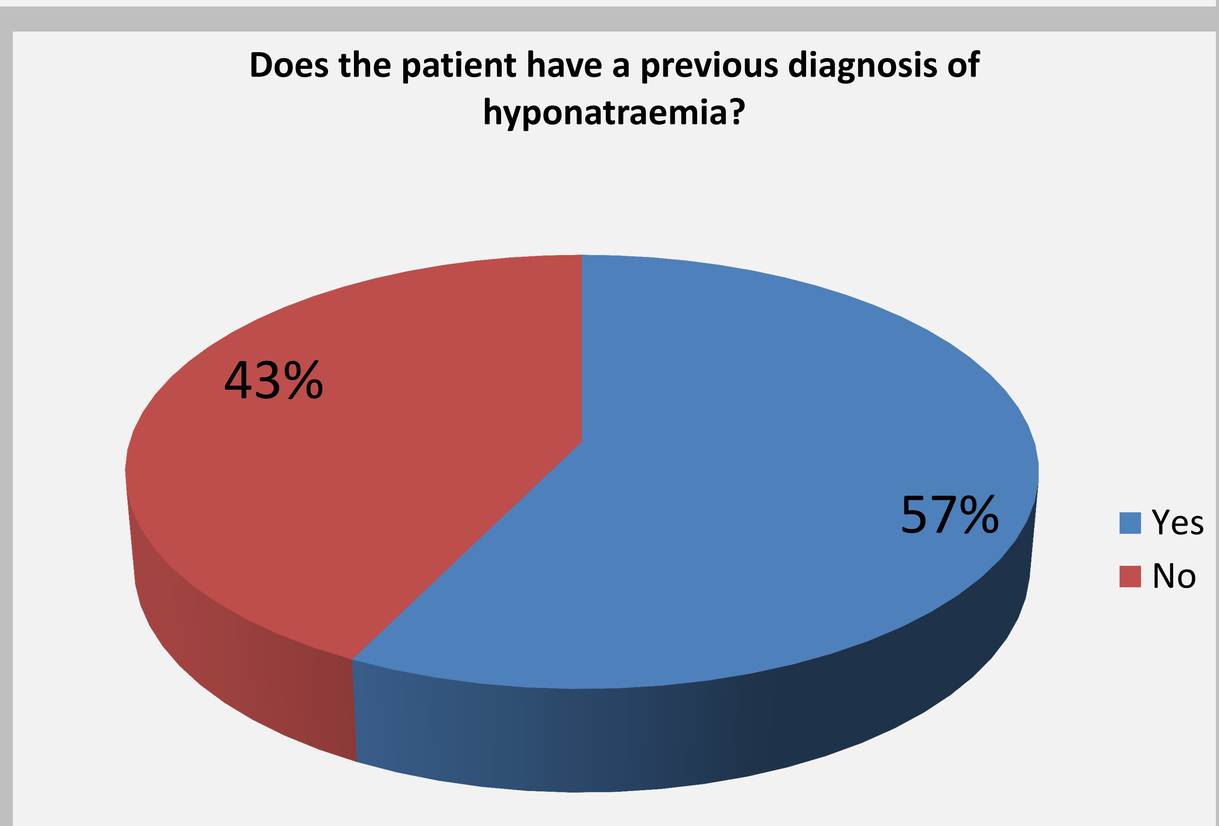
- Hyponatraemia is defined as serum sodium concentration <135mmol/L.
- It is the most common electrolyte disorder encountered in clinical practise Proton pump inhibitors (PPI's) are commonly prescribed in the UK, and the indication and duration of treatment is often not reviewed.

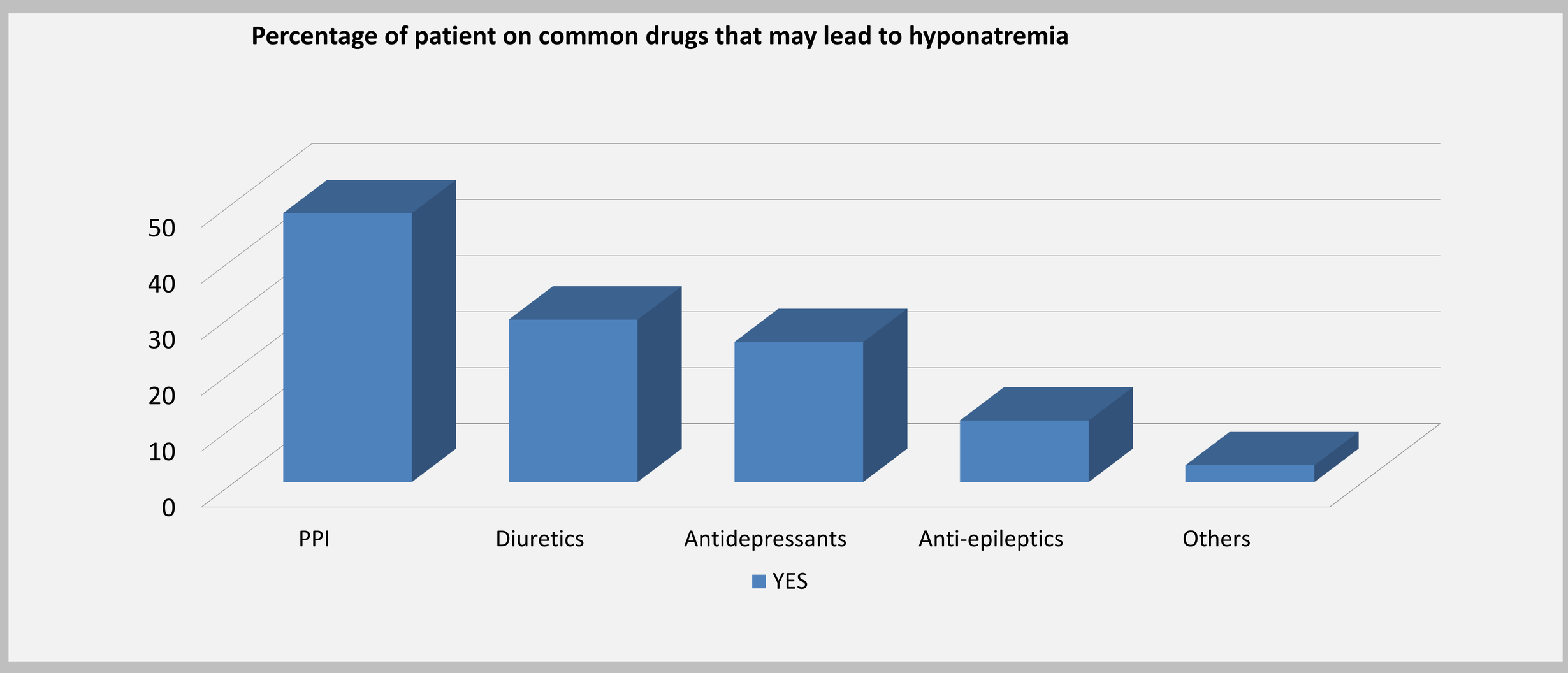
## Methods

- A retrospective audit was performed of patients admitted to The Great Western Hospital (GWH) with a serum sodium of 127mmol/L or less on admission, over a three month period.
- The aim was to identify prescribed medications that may be contributing to the hyponatraemia.

## Result




## Discussion

- Hyponatraemia is often caused by drugs such as Anti-psychotics, anti-depressants, diuretics
- This audit clearly demonstrates apart from the well known drugs, proton pump inhibitors is a significant contributor to hyponatraemia.
- There are often alternatives, for example H2 receptor antagonists rather than PPIs, and clinicians should consider these in patients at risk of hyponatraemia.
- 57% of patients audited had a previous diagnosis of hyponatraemia suggesting we may be missing opportunities to review prescribed medications.