

## CPD BITES SERIES: Causes and Management of reflux

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### KEY POINTS/HIGHLIGHTS

#### EPISODE 1: Symptom identification, assessment and treatment

- Reflux disease is an extremely prevalent condition caused by the effortless movement of stomach contents into the oesophagus or mouth causing troublesome symptoms or complications.
- Most common symptoms include difficulty or pain in swallowing, chest pain, a sour taste in the mouth, burping, hiccups, nausea, and vomiting.
- The course of action is dependent on the severity and duration of symptoms identified.
- Self-care tips that promote behavioural modifications have been proven to be very beneficial in disease prevention or progression.

#### EPISODE 2: Gastric acid pocket management vs reflux prevention

- There has been a shift in the management of reflux to focus not only on the gastric acid pocket but also on preventing gastric content travelling up the oesophagus.
- Alginates possess a distinctive, non-systemic, physical mode of action rather than a pharmacological one.
- They form a gel barrier which protects against reflux by creating a protective layer over the stomach contents
- Mobile applications can be helpful to support reflux management.

#### EPISODE 3: Strategies for the management of reflux-like symptoms

- If OTC medicines are preferred, consider an antacid/alginate product.
- If the patient is already taking a proton pump inhibitor, not much may be gained from switching preparation or changing dose.
- If not sure of a cause and symptoms persist, refer to a doctor quickly.

You can access all videos here:

[https://www.youtube.com/playlist?list=PLXg\\_1uVlPtYAnEzIGQisJywuZQ3oZ52RD](https://www.youtube.com/playlist?list=PLXg_1uVlPtYAnEzIGQisJywuZQ3oZ52RD)

**PURPOSE:** Short, concise, and evidence-driven professional development videos that describe the causes of reflux disease, explains disease progression and potential complications, and highlights how pharmacist can mitigate disease progression and encourage self-care through different approaches, both pharmacological and non-pharmacological.

### IMPLICATIONS/RECOMMENDATIONS/CALL TO ACTION

- It is important to ascertain that symptoms are due to reflux and not another cause.
- Pharmacists should consider non-acid causes and offer preventive advice, including with an advice leaflet..
- Patient education is important to improve their disease-related competency, potentially enabling them to deal more efficiently with their disease, improving quality of life and reducing healthcare costs.

### OTHER FIP RESOURCES

- International Pharmaceutical Federation (FIP). [Managing reflux symptoms in the community pharmacy: Quick reference guide for pharmacists](#). The Hague: International Pharmaceutical Federation; 2023.
- International Pharmaceutical Federation (FIP). [The role of pharmacists in managing reflux-like symptoms: Report from an international insight board](#). The Hague: International Pharmaceutical Federation; 2022. (for FIP members only)



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