Gastroesophageal Reflux Disease (GERD)

-<18 or >50 years old & new, undiagnosed symptoms
  - Pregnant
  Refer to MD

- Chest pain typical of cardiac event (pain radiating to shoulder, neck, arm, shortness of breath, sweating)
- Difficulty/pain when swallowing food
- Recurrent vomiting, or vomiting blood or black material
- Black stools
- Chronic nausea, vomiting, diarrhea, unexplained weight loss (>5%)
- Chronic hoarseness, coughing, choking, wheezing

Assess patient factors

Assess patient for red flags (ALARM Sx’s)

Medication history

Assess symptoms

Taking ulcerogenic or heartburn-causing /exacerbating medication.*

- Burning sensation behind breast bone, in back of throat
- Regurgitation of acid or bile
- Hypersalivation
+/- previous diagnosis of GERD by MD
NOTE: abdominal pain/fullness may indicate functional dyspepsia

Refer to MD

Mild and infrequent (≤2 times/week)

Symptoms recur ≤7 days.

- Continue non-pharm tx
- Continue medication PRN

Symptoms improved or resolved?

- NO
  - Continue non-pharm; AND
  - Different OTC agent PRN x 14 days; OR
  - Rx H$_2$RA x 14 days; may repeat x 1; OR
  - OTC PPI x 14 days

- YES
  - Non-pharm tx; AND
  - Rx PPI x 28 days

Refill PPI x 28 days

Symptoms resolved, stop.

Symptoms recur >7 but ≤90 days

No change or symptoms worse

Symptoms recur >90 days after last treatment = new episode.
Consider OTC PPI for intermittent or on-demand tx (see guidelines for more detail).

Symptoms resolved, stop.

Severe – incl. nocturnal sx’s, interference with daily activities

- Non-pharm tx AND
- Antacid; OR
- Antacid-Alginate; OR
- OTC H$_2$RA; OR
- OTC H$_2$RA-antacid

Refer to MD

Assess symptoms

- Baking sensation behind breast bone, in back of throat
- Regurgitation of acid or bile
- Hypersalivation
+/- previous diagnosis of GERD by MD
NOTE: abdominal pain/fullness may indicate functional dyspepsia

Refer to MD

Mild & frequent (>2 times/week) OR moderate

Symptoms improved but not resolved

- Continue non-pharm tx
- Continue medication PRN

Symptoms resolved?

- NO
  - Continue non-pharm; AND
  - Different OTC agent PRN x 14 days; OR
  - Rx H$_2$RA x 14 days; may repeat x 1; OR
  - OTC PPI x 14 days

- YES
  - Non-pharm tx AND
  - Rx PPI x 28 days

Refill PPI x 28 days

Symptoms resolved.

Symptoms recur >7 but ≤90 days

No change or symptoms worse.

Symptoms recur >90 days after last treatment = new episode.
Consider OTC PPI for intermittent or on-demand tx (see guidelines for more detail).

Symptoms resolved? Continue Non-pharm

PPI x 28 days

Symptoms resolved?

- NO
  - Refer to MD

- YES

*α-adrenergic agonists, anticholinergics, β-agonists, benzodiazepines (diazepam), bisphosphonates (alendronate), calcium channel blockers (amlodipine, felodipine, nifedipine), ethanol, iron, nicotine, NSAIDs (incl. ASA & Cox-2 inhibitors), potassium, progesterone, quinidine, tetracyclines, theophylline