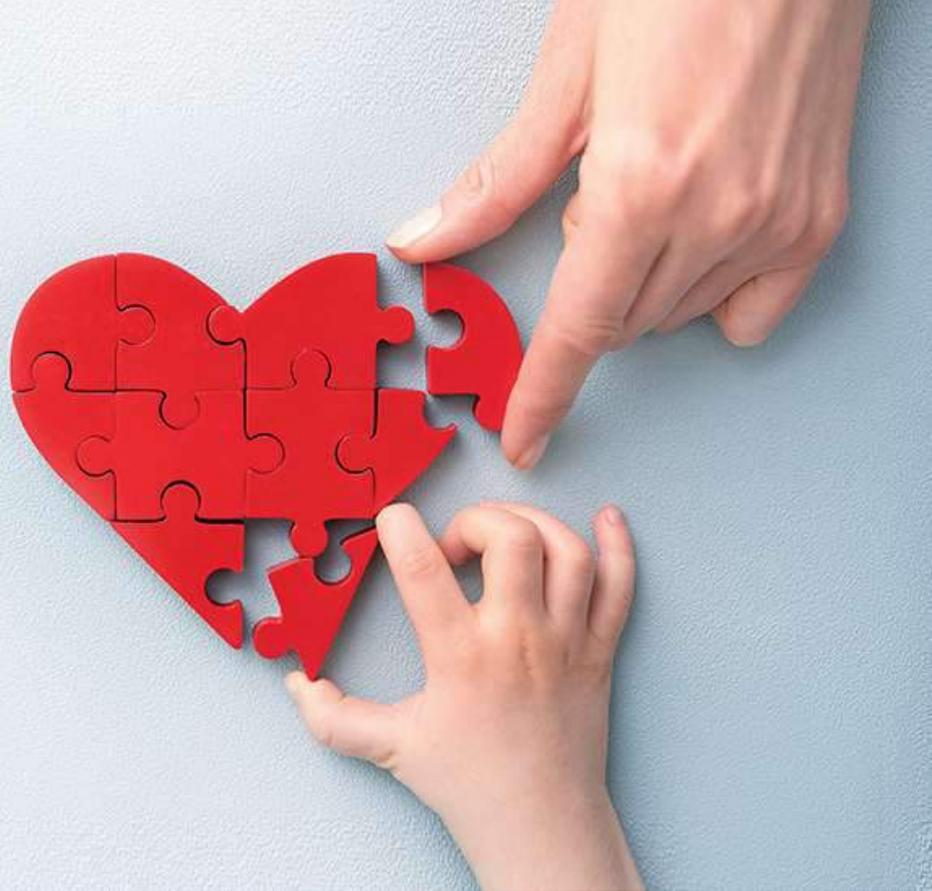


# CARDIOLOGY 2024

## Sometimes More is Not More: Does Every Patient Need Famotidine?

Meghan Long, CRNP  
Cardiac Care Unit (CCU)



# FINANCIAL DISCLOSURES

- None

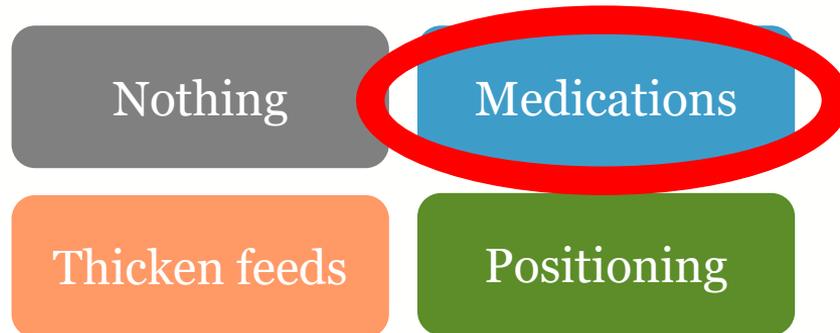
You walk into a patient's room...



*And the nurse tells you, “he’s reflux-y”*

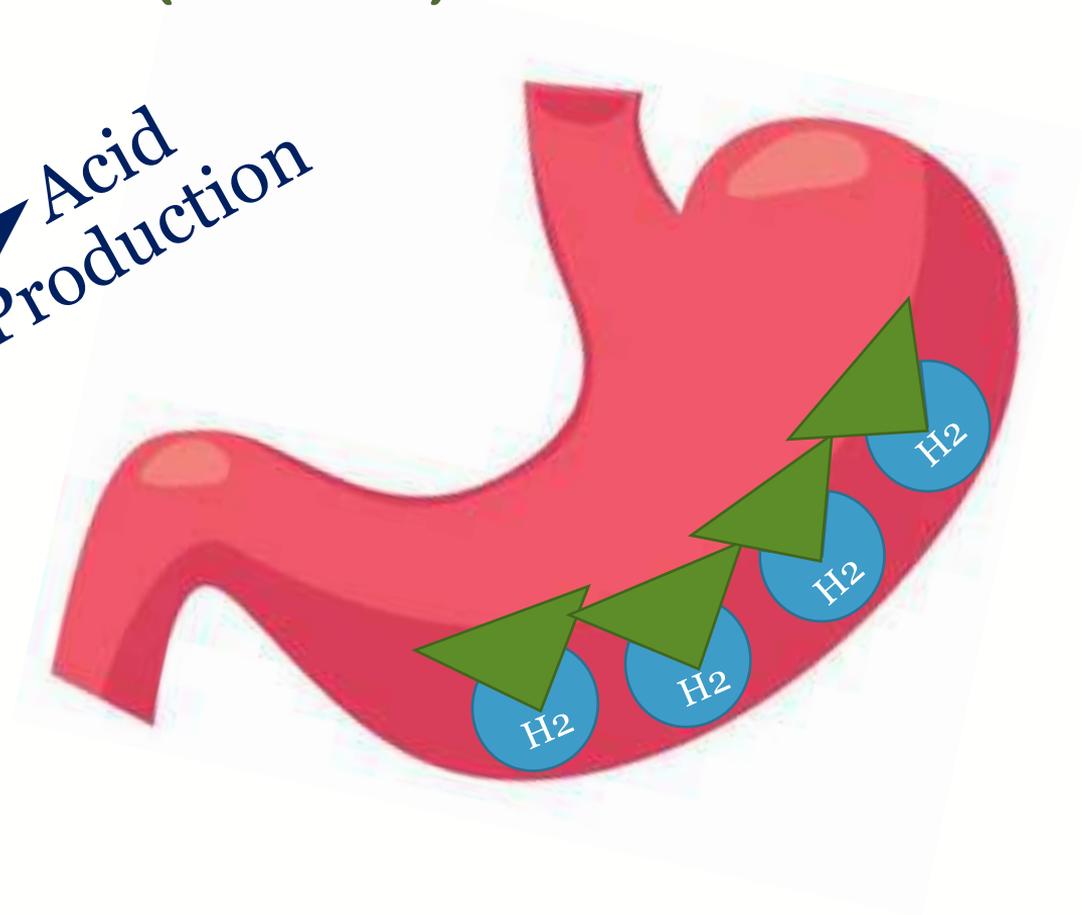
# GASTROESOPHAGEAL REFLUX (GERD)

- 50-70% within 4 months of life
- > in Congenital Heart Disease (CHD)
- Treatment:

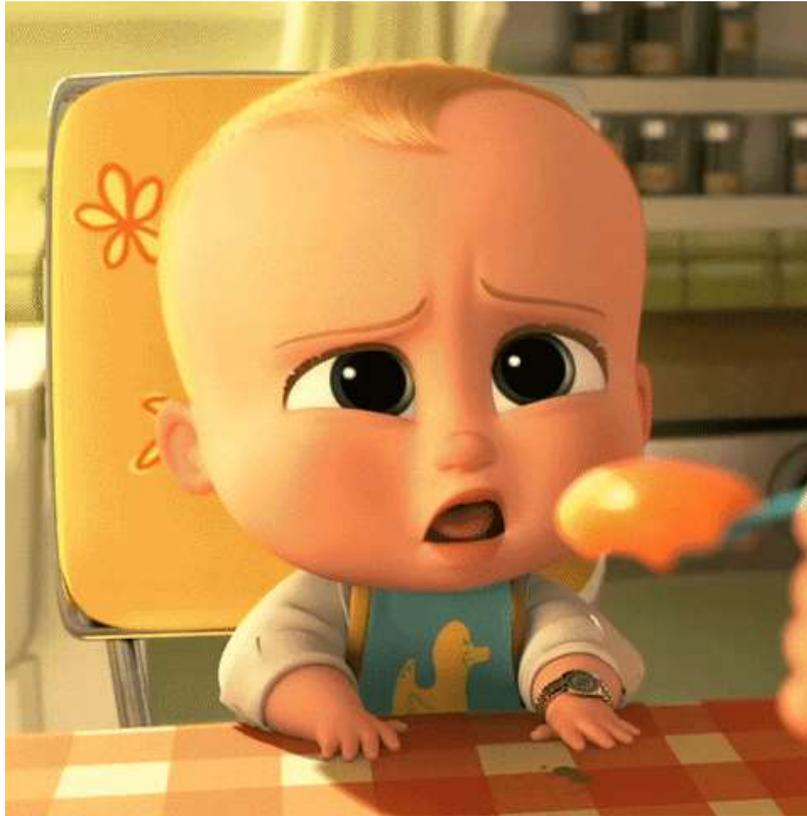


# FAMOTIDINE (PEPCID)

↓ Acid  
Production



# IN ACTUALITY...



CARDIOLOGY  
2024

# Do H2 antagonists decrease reflux in infants with GERD?

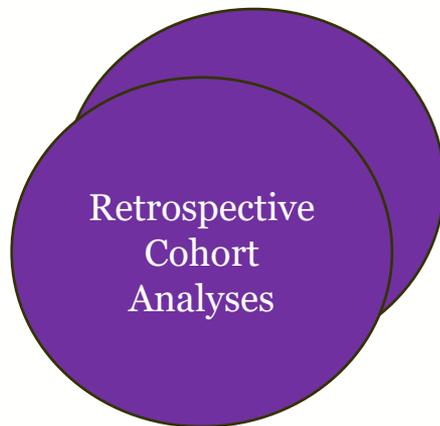
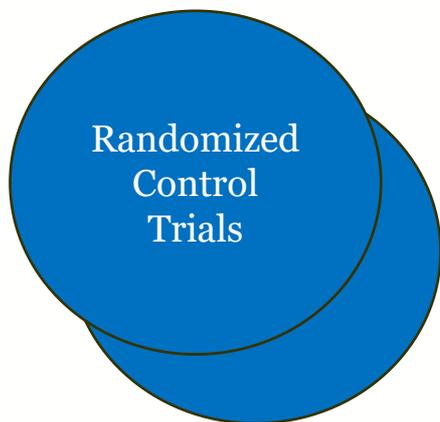
# METHODS

- Qualitative Systematic Review
- < 1 year old
- Key Terms:
  - H2 antagonist
  - Infant
  - GERD

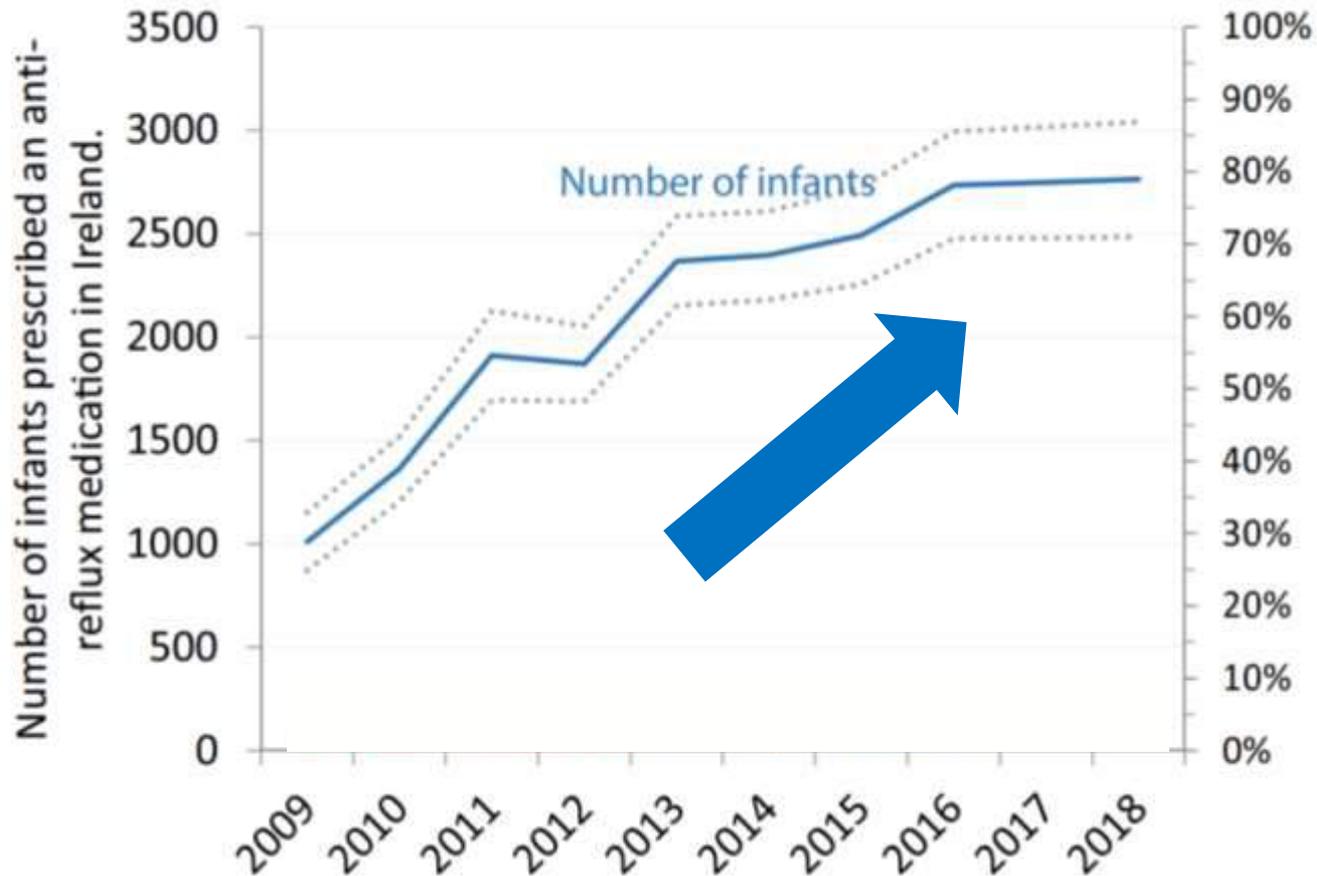
The PubMed logo features the word "PubMed" in a blue sans-serif font. The letter "M" is stylized, with a white vertical bar on its left side and a blue shadow effect on its right side, giving it a three-dimensional appearance.The CINAHL logo consists of the word "CINAHL" in a red, serif font.This block contains two logos. On the left is the Cochrane logo, which features a dark blue circle with a white vertical line through its center. Inside the circle, there are several horizontal purple lines of varying lengths, resembling a forest plot. Below the circle is the word "Cochrane" in a dark blue sans-serif font. To the right of the Cochrane logo is the Embase logo, which consists of the word "Embase" in an orange sans-serif font.

# RESULTS

20 articles → 6 articles



# KEY FINDINGS



No evidence that H2 antagonists improve reflux or GERD symptoms

**How should we treat  
our patients with reflux?**

# TREATMENT

- Small volumes
- Longer time between feeds
- Upright 20-30 min



Remember, it *does* improve with age

# THE “HIGH RISK” PATIENT

- Re-consider medications
- Underlying cause
- Post-pyloric?



# QUESTIONS?



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# References

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