

Drug utilization pattern and quality of life assessment in diabetic patients: A Prospective observational study

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Abstract

Diabetes Mellitus (DM) is a chronic condition that affects 537 million people worldwide, with one in every 10 people suffering from it. Drug utilisation studies and diabetes patient quality of life are critical assessment markers in disease management. Materials and Procedures: At a multispecialty hospital, 180 diabetic patients were enrolled in an 8-month prospective study. In case record form, demographic information and other relevant data were obtained in Case Record Form. Physical health problems, role limitation due to personal or emotional problems, social functioning, and general health perception were all assessed using the MDQoL quality of life questionnaire. Results: Males (n=101) outnumbered females (n=79) in the current study, out of 180 patients. The average age was 58.34 years. FBS and PP2BS were determined to be 194.1 and 288.40 mg/dl in males and 183.37 and 289.03 mg/dl in females during the study. Metformin was the most commonly prescribed medicine as a monotherapy, as well as Metformin plus Glimepiride as a combination. The oral route of administration was the most suggested route. In this study total 36 patients were newly diagnosed diabetic patients. Along with neuropathy and retinopathy, hypertension was the most prevalent comorbidity. Cardiovascular medications, antiemetic drugs, antibiotics, and vitamin supplements were all prescribed as adjuvant treatments. According to the MDQOL-17 questionnaire, the majority of the patients reported a higher quality of life. Conclusion: In patients with uncontrolled diabetes, severe diabetic consequences such as neuropathy and retinopathy were discovered. Patients with palliative effects were frequently taken metformin as a monotherapy.

Received date: April 18, 2022; Accepted date: April 28, 2022; Published date: May 04, 2022

Biography

Nilay Solanki is an Associate Professor at Ramanbhai Patel College of Pharmacy, Charotar University of Science and Technology, Gujarat, India. Dr. Solanki has more than 14 years of teaching and research experience in the area of Pharmacology. His main research focus are on Neurodegeneration, diabetes and its complications, Metabolic disorders, Cancer research at the Institute. He has guided 20 PG students and guiding 2 PhD students. Dr. Solanki has received prestigious grant from ICMR worth of 1.4 Million INR and also receivedSSIP grant of 85,000 INR. To his credit several awards as best oral presentation award with 2nd rank in International conference on clinical research, VIT, Vellore, India in 2020; also CHARUSAT research paper award for four consecutive years 2017 to 2020; also received certificate of Excellence for outstanding performance during the UGC

Autumn training Program at Panjab University, India in 2011. He has been invited as judge for oral presentation at National and International events three times. Dr. Nilay has published total 30 Research paper and presented 18 papers in national and international conferences. He has delivered 3 Guest / expert session and attended more than 30 National and International conference/seminar/workshops. Dr. Nilay is actively involved in Health awareness activity such as World Pharmacist day celebration at Ramanbhai Patel College of Pharmacy, 2019, 2021 and 2022, National Pharmacy week activity, 2018; Coordinated Tuberculosis awareness Programm, 2009 and Diabetes awareness Campaign, 2008.