



Prescribing Patterns and Health Related Quality of Life in Patients with Diabetes Mellitus in a Tertiary Care Hospital in South India: A Research Article

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Abstract

Background Information: Diabetes Mellitus is an important public health challenge because of the associated morbidity and mortality which impair the quality of life and cost to society. Despite this, there is relatively little information on the 'real-world' medication utilization patterns for patients with type 2 diabetes. The objective of this study is to know the prescribing patterns and health related quality of life in patients with Diabetes, to evaluate the health related quality of life in patients with Diabetes SF-36 to identify the benefits of single and combination therapy by using prescriptions.

Methods: This is a prospective observational study, where eligible patients are enrolled into the study after obtaining the consent. Inclusion Criteria includes the patients newly diagnosed as Diabetes Mellitus with male and female patients in the age group of 30 to 80 years while the exclusion criteria for the study includes Patients with two or more comorbidities, Complications of diabetes mellitus, patients who are not willing to give the consent form, pediatric population and pregnant/lactating women. Along with SF-36 to know the patient health related quality of life in Diabetes Mellitus patients, all information relevant to the study has been collected at the time of admission till the date of discharge and the data has been analyzed by using suitable method for statistical analysis. Glycemic control becomes an important measurement for preventing long terms complications and provides a better QOL to diabetic patient. SF-36 questionnaire was used as a health survey tool to measure the quality of life of patients. It is a well-known and widely utilized health status measure, which measures physical aspects and psychosocial aspects of quality of life.

Results: A total of 50 patients were enrolled and followed up, till the day of discharge during the period of 6 months from medicine department. Out of 50 patients, 25 were male patients and



25 were female. The present study was done with an aim to assess the prescribing pattern and health related quality of life in patients with Diabetes Mellitus. Almost 88% of patients were reported of having Type 2, in which 63% patients were from age group 51- 70 ,in which Female patients (36%) are more affected than male patients (27%). Biguanides (55%) are most commonly prescribed drugs as a single drug compare to other classes of drugs in current, past & present medication as single drug therapy. Among combinations, Sulphonyl ureas with Biguanides have been prescribed 69% followed by Biguanides and thiazolidinediones(10%). Short acting and intermediate acting and short acting insulin (9%) and short acting with long acting insulin (2%) have been prescribed very least.

Keywords: Diabetes mellitus; Quality of life; Insulin, Single and combination drugs.