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To Evaluate the Prescribing Pattern According to ICMR 2018 Guidelines and Medication Adherence in Type 2 Diabetes Mellitus Patients in A Tertiary Care Hospital

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ABSTRACT

Introduction: Diabetes mellitus is a metabolic disorder characterized by hyperglycemia due to deficiencies in insulin secretion, action, or both. It leads to long term damage and dysfunction of various organs. It's estimated that a large number of people in India have diabetes, and the numbers are projected to increase further.

Materials and methods: Patient's demographic details, medication and medical history, duration of hospital stay as well as treatment and clinical profile of patients had been documented. MARS questionnaire was used to assess their medication adherence.

Results: According to the inclusion and exclusion criteria, 93 patients from general medicine department were included in the study. Based on the research done on patients with type 2 DM. Most patients had HbA1C values indicating the diabetes, highlighting the need for effective diabetes management, the prescription details showed that patients received an average of 6 drugs per prescription, In case of prescription details in type 2 DM patients the total number of drugs prescribed were 543 drugs, in that total number of anti-diabetic drugs prescribed were 151(27.80%). In case of medication adherence based on age 60-69 years patients are non-adherent to medications that is 22(26.88%) patients, in case on adherence related to gender females are more non-adherent to medication that is 32 patients.

Conclusion: According to the study, the prescribing pattern of the type 2 diabetes mellitus was followed according to the ICMR guidelines and the drugs prescribed were as per the guidelines.

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