

Abstract

The analysis of pharmacotherapy by patients suffering with DM in Greece I

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Introduction: The diabetes in developed countries concerns 11% of people over 70 years and is the cause of 3% of total deaths in general population.

Aim: The aim of the study was to assess the Pharmacotherapy of Diabetes mellitus type II in a pharmacy of a small town of Greece, Veria.

Methods: It is retrospective cross-sectional study, which was conducted in a pharmacy in a small town of Greece, Veria. The study population consists of 60 patients with known Type II diabetes Melitus. The data collection was performed by a self-reported questionnaire, which was created and developed by the researcher and filled by the respondents.

Results: The mean age of the sample was 56.5 ± 17.5 years. Most of them were females (n=40). Most of the patients knew their fasting glucose level (93.3%,n=56).Of the patients who knew their fasting glucose level, 36 (64.3%) patients had high fasting glucose level and 20 (35.7%) had physiological fasting glucose level. From all the patients(n=60), some of them visited their physician every 6 months (n=24), and every 3 months (n=20) while some others visited their physician every month (n=8) and some of them longer than 6 months(n=8). Also, above 50% of the patients measured their blood glucose level during the last month (n=36), few measured it 3 months before (n=20) and four patients 6 months before. From the 60 patients, some of them had their glycaemia measured by their selves (n=16), the majority of them by the pharmacist (n=28) and some of them by the physician (n=16). Patients used mainly insulin (52%) and metformin (32%) as monotherapy or in combination therapy together or with other antidiabetic agents. About one third of patients (36.7%) drank a glass of wine every day and 80% support that food intake plays a role in treatment of the diabetes mellitus. Patients who use their drugs according advice of physician (p: 0.003,

OR: 4.923, 95%CI: 0.978-24.789) have 4.9 more chances to have optimum levels of glycaemia than patients who do not use their drugs according advice of physician. Also 30% of the patients suffered by comorbidities which increased the diabetes mellitus II complications.

Conclusions: With regard to the pilot study. It turned out that most of the patients knows the blood glucose, blood glucose is measured also in the pharmacy or by self-monitoring. About a third of the patients, however, overlook the need for regular treatment. Should also be verified in the therapy of diabetes mellitus II total insufficient use of metformin and the frequent use of insulin in monotherapy