9. SUMMARY

Diabetes is a metabolic disorder resulting in chronic microvascular and macrovascular complications. Diabetes affects an increasing number of patients, and the number is expected to more than double, worldwide, by the year 2030. Hypertension affects about 60% of subjects with T2DM. Serious cardiovascular events are twice more likely in patients with diabetes and hypertension as either disease alone. T2DM is commonly associated with elevated BP and with atherogenic lipid abnormalities and this combination represents a major cause of elevated coronary risk.

The present study was planned with the general objective to evaluate the prescribing pattern and health related knowledge, belief and behaviour of T2DM subjects. The present is a cross sectional observational, RCTs, quasi-experimental designs, pre-post and descriptive studies carried out among T2DM subjects. The drug utilization data was collected for the years 2011 to 2013. Collected data were analyzed using appropriate statistical techniques. As per the study criteria, data were collected from 340, 1180 and 1340 T2DM subjects who were visited during the year 2011, 2012 and 2013 respectively in the both the study sites.

The study results showed that foot ulcer was the most commonly observed infection in both study groups during the study period. There is no significant changes were observed in the FBS, PPS, HbA1c and lipid profile levels in intervention groups when compared with control group. Most of the patients were diabetics and had hypertension as co-morbidity. Majority of patients did not have any microvascular and macrovascular complications and on an
average; they had < 1 to 5 years of diabetic history. Monotherapy was the predominant way of management with insulin alone or in combination with other OHAs.

From the present study we can summarise, the subjects were not shown much interest to know about the disease, self-monitoring of blood glucose and expressed that the level of care provided is not being in day to day life but the results showed that medication adherence among all the groups were high.

The thesis comprises of nine chapters. Chapter 1 consists of prevalence of diabetes, origin, scope and need of pharmaceutical care, planning and implementation of pharmaceutical care in ambulatory setup, process and assessment, followup evaluation and documentation of pharmaceutical care plan, documentation method as well as drug use evaluation and finally about the pharmacotherapeutics and management of T2DM and finally references.

Chapter 2 deals with the literature survey on drug use pattern for various diseases, development as well as implementation pharmaceutical care by the community pharmacists for variety diseases and on the assessing of patients knowledge for different diseases, belief related to medication and patient medication adherence and finally references.

Chapter 3 consists of scope, objectives as well as aims, plan of work and references. Chapter 4 explains the study setting as well as criteria, survey instruments used in the current study, method of collection of data and statistical techniques employed in the study and finally references.
Chapter 5 comprises the detailed results of the current study and finally references. Chapter 6 discusses on primary and secondary outcomes of the study and finally references. While, Chapter 7 describes the study limitations and future scope of the current study whereas Chapter 8 provides detailed conclusion about the study and Chapter 9 contains summary of the entire current research.

This thesis includes clearance certificate from independent human ethical committee and various appendices to collect the data from prescriber, pharmacists and laboratory assistance as well as scales to measure various parameters was also appended at the end of the thesis.