

Prescribing Pattern and Potency of Anti-Diabetic Drugs in Diabetic Patients for Maintaining Optimal Glycemic Levels

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DESCRIPTION

The counter diabetic medications acts by various mechanisms to diminish the blood glucose, most of individuals with diabetes on anti-diabetic drug medication treatment, have poor glycemic control and diabetic vascular complications. The recommending example and efficacy of hostile to diabetic medications in keeping up with ideal glycemic levels in diabetic patients going to tertiary consideration showing emergency clinic in Navi Mumbai. A planned, cross sectional, observational study was done in patients of diabetes mellitus going to diabetes outpatient/medication outpatient divisions, to evaluate their recommending example of against diabetic medications, and their blood glucose level was estimated by Accu-Chek Active glucometer to decide their glycemic control.

Hostile to diabetic medications like Sulfonylureas were the most regularly recommended class, yet metformin (biguanide) was the commonest endorsed singular medication among Optimal Oral Hypoglycaemic Agents (OHA). Fixed portion blend of biguanide and sulfonylurea was endorsed generally. Monotherapy ruled over polytherapy and there was a higher level of utilization of insulin in Type 2 diabetics. Almost 50% of patients on enemy of diabetic treatment had ideal glycemic control. The relationship between hostile to diabetic treatment alongside way of life change and glycemic control was genuinely huge.

Diabetes mellitus is pestilence sickness that has struck every single corner of the world. As per the Indian Council of Medical Research-Indian Diabetes study (ICMR), a public diabetes study, India presently has 62.4 million individuals with diabetes. This is set to increment to more than 100 million by 2030. The pervasiveness of diabetes among grown-ups has arrived at around 20% in metropolitan and roughly 10% in provincial populaces in India.

Different classes of hostile to diabetic medications including insulin and Optimal Oral Hypoglycaemic Agents (OHA) are at present utilized in the treatment of diabetes, which acts by various instruments to diminish the blood-glucose levels to keep up with ideal glycemic control. The United Kingdom Prospective Diabetes Study showed concentrated blood-glucose control by either sulfonylureas or insulin significantly diminished the danger of microvascular intricacies.

The as of now utilized enemy of diabetic medications are powerful, nonetheless as a result of absence of patient consistence, clinical

dormancy, insulin opposition, absence of activity and absence of dietary control prompts unacceptable control of hyper glycemia. In India, restricted investigations have zeroed in on diabetes mind and give an understanding into the current profile of patients and their administration. Over half of individuals with diabetes have poor glycemic control, uncontrolled hypertension and dyslipidemia, and a huge rate have diabetic vascular difficulties. Hence, this investigation was done to track down the current recommending example of hostile to diabetic medications and viability of these medications in keeping up with sufficient glycemic control in diabetic patients going to a tertiary consideration showing clinic in Navi Mumbai.

PRESCRIBING PATTERN

Out of all out 140 recommended hostile to diabetic medication items, 79 (56.4%) were OHA and 61 (43.6%) were insulin [Figure 1]. Subsequently OHA's were the most well-known class of against diabetic medications recommended in this investigation. Sulfonylureas (34.14%) were the most normally endorsed class followed by biguanides (31.65%) among the various classes of OHA and their Fixed Dose Combination (FDC) represented 20.25%. Metformin (biguanide) was the most widely recognized individual OHA to be endorsed 31.65%, trailed by glimepiride (sulfonylurea) 20.25%, trailed by FDC of glimepiride in addition to metformin 11.40%. Different classes of OHA endorsed were thiazolidinedione's 6.33%, alpha glucosidase inhibitor 3.8%, and dipeptidyl peptidase 4 inhibitors (DPP 4 inhibitors) 2.5%, separately. Insulin arrangements represented 43.6% of the complete enemy of diabetic medications and the most well-known planning was short acting insulin readiness.

CONCLUSION

OHA's actually overwhelm the recommending design, yet there was a moving pattern toward the utilization of insulin arrangements in the administration of Type 2 diabetes mellitus. In accomplishing ideal glycemic control, the adequacy of the counter diabetic medications was just 41%; consequently heightening of current medication treatment just as arranging different medication mediations with way of life change is fundamental.

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