THE MEDICATION IMPACT ON QUALITY OF LIFE IN PATIENTS WITH TYPE 2 DIABETES

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INTRODUCTION

✓ Diabetes Mellitus (DM) is a chronic disease increasingly common in our society, and its prevalence increases dramatically with age, although strikes both sexes and all ages. [1]

✓ The various subtypes type 2 (T2DM) diabetes mellitus is the most prevalent. This is a chronic disease with high social and economic costs and is often associated with decreased quality of life. [2]

✓ In recent decades it has increased the number of diabetics, following the increasing number of elderly, due to increased life expectancy. In this fact it is associated with a high prevalence of chronic diseases and, consequently, an increase in polypharmacy this age group. [3] The polypharmacy is common in patients with T2DM and this is another factor to consider with regard to the measurement of quality of life. [4]

OBJECTIVE

✓ The aim of this study is to characterize the quality of life of diabetic patient's polymedicated and check the degree of impact of drugs in it.

METHODS

✓ We conducted an observational study with analytical and transversal cohort, with 74 users diagnosed with T2DM in community pharmacies in the municipality of Coimbra.

✓ The data collection was made through a questionnaire prepared for this purpose, included the questionnaire EQ-5D-3L.

RESULTS

Characteristics		N (%)
Gender	Male	36 (48,6%)
	Female	38 (51,4%)
Age	Min:42 years Max:90 years Mean:69,24 years (sd±11,0)	
Nationality	Portuguese	72 (97,3%)
Qualifications	1st Education	38 (51,4%)
Professional Situation	Retired	48 (64,9%)
Familiar Situation	Married	51 (68,9%)
Household	Living together	52 (70,3%)
Socioeconomic Level	Medium	38 (51,4%)
Total		74

Table 1 – Sociodemographic Characteristics

EQ-5D-3L		Number of Drugs Consumed per Day		
		N	Mean (±sd)	p
Mobility	Whithout problems	38	3,66 (±2,4)	0,647
	Some problems	36	3,92 (±2,4)	
Personal Cares	Whithout problems	53	3,89 (±2,4)	0,419
	Some problems	21	3,52 (±2,4)	
Usual Activities	Whithout problems	42	3,64 (±2,4)	0,568
	Some problems	32	3,97 (±2,4)	
Pain/Discomfort	Whithout problems	26	4,04 (±2,9)	0,868
	Some problems	48	3,65 (±2,1)	
Anxiety/Depression	Whithout problems	38	3,58 (±2,3)	0,457
	Some problems	36	4,00 (±2,6)	

Table 2 – Relation between the Number of Drugs and the EQ-5D dimensions

Graphic 1 – Type of Medication
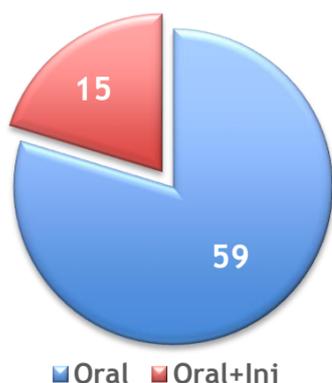
EQ-5D-3L		N	P	r
Quality of Life Index	Number of Drugs Consumed by Day	74	0,000	0,397
Health Assessment Today		74	0,868	-0,020

Table 3 – Correlation between the Number of Drugs and the Quality of Life Index and the Health Assessment Today

→ According to the dimensions of the EQ-5D, the woman is the one who presents the most problems in all dimensions. In relation to age, it is verified that the greater the age, the greater will be the difficulties in the first three dimensions. And finally, we can see that the longer the diagnostic time, except for the Anxiety/Depression dimension, all other dimensions present some problems.

→ The results it has been found that the quality of life index has a positive association and statistically significant, although low, with the number of medications.

→ The quality of life is lower in women, and its index is 0.556 and men is 0.682. The greater the age and the time of diagnosis, the lower is the quality of life.

→ On average, overall, it was found that the quality of life index and health generate are reduced in users with T2DM, and the values are 0.617 and 64.5, respectively.

CONCLUSION

✓ In this sample of users, analyzing the general dimensions of the EQ-5D, it can be seen that the female users aged over 69, who were diagnosed with type 2 diabetes for over 12 years and consuming on average more than three medications per day are those who have a poorer quality of life.

✓ We conclude that these results are not very positive, and it is important the study and evaluation the factors that most affect the quality of life for each patient with T2DM for effective intervention.

References

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