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The effect of pharmaceutical care in the elderly patients with type 2 diabetes mellitus

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Pharmaceutical care plays a crucial role in reducing mortality and morbidities of the patients. A hospital based quasi-experimental study was conducted with elderly patients with type 2 diabetes who attended at the diabetes clinic of No.(2) Military Hospital (500-Bedded) in Myanmar from April 2013 to February 2014. The aim of this study was to evaluate the effect of pharmaceutical care in elderly patients with type 2 diabetes mellitus. A total of 52 respondents enrolled in this study. The clinical outcomes and quality of life of patients before and eight months after intervention were assessed. Pharmaceutical care program was implemented as intervention. Of the total number of respondents, 52 drug related problems were identified. Biomedical measurements and quality of life scores of respondents were presented as the comparison between pre and post intervention measurements. In order to present comparative analysis of mean scores of outcome variables (biomedical measurements, quality of life) before and after intervention, paired t tests were used. According to results, capillary blood glucose, blood pressure, body mass index and

waist circumference were significantly different ($p < 0.05$). Post-intervention mean of quality of life scores were significantly higher than that of pre-intervention mean scores at p level of 0.000. These findings indicated that pharmaceutical care intervention could promote clinical outcomes and quality of life of elderly patients with type 2 diabetes mellitus. Hence, it is recommended that a better designed pharmaceutical care program and organizational structure of clinical pharmacy should be developed in hospitals.

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