THE EFFECT OF INTERMEDIATE MEDICATION REVIEW ON LIFESTYLE CHANGES AND CLINICAL OUTCOME IN PATIENTS WITH DIABETES

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BACKGROUND
Pharmacist has an important role in the management of diabetes, including improving the patient’s lifestyle and glycemic control. One of the pharmaceutical care implementations and the core element in medication therapy management is medication review. Intermediate medication review (IMR) is a medication review that can be applied in community pharmacy with limited access to patient clinical data.

OBJECTIVE
This study aims to determine the effect of IMR on (1) lifestyle changes (smoking behavior, caffeine and/or alcohol intake, diet and physical activity) and (2) clinical outcome (FBG) in patients with diabetes.

METHODS
A Quasi-experimental study using pre-post design assessment was conducted to 65 patients with Type 2 Diabetes Mellitus divided into intervention and control groups, respectively. Patients were assigned to six community pharmacies in Surabaya. The study was conducted from December 2019 to February 2020 with patients were required to undergo monthly clinical assessment. The data were analyzed using non-parametric Mann Whitney test. The significant difference between groups is indicated by \( p < 0.05 \).

CONCLUSIONS
IMR has a positive effect on lifestyle changes and improved clinical outcome control in patients with type 2 diabetes.

RESULT & DISCUSSION
The lifestyle assessment of patients in the intervention group showed an increase in non-smoking behavior and non-caffeine and/or alcohol intake (54.5% to 75.8%) and an increase of dietary behavior and/or physical activity (57.6% to 69.7%). The clinical outcome measures in the intervention group showed that there was a significant difference \( (p = 0.003) \) in the mean value of FBG and there was a significant difference in the FBG value between the two groups.

REFERENCES