



## Impact of Patient Counselling on Health Related Quality of Life in Diabetic and Hypertensive Patients

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**Abstract: Aim and Objectives:** The aim of the study to counsel the patients about the disease and medical related outcomes empower the patients to adopt positive life style to improve the health outcomes and quality of life. The objectives of this study are to improve the quality of life in hypertensive and diabetic patients and to improve better medication adherence.

**Methods:** A Prospective study has been carried out for a period of 6 months ( December 2014 to May 2015) at the ESI hospital, Ayanavaram, Chennai. 100 patients who are diagnosed with diabetes and hypertension are selected (N=100), based on the inclusion and exclusion criteria. Their case sheets are thoroughly studied. Health related quality of life of patients was assessed by using SF-12 quaternary.

**Results:** It can be seen that Metformin is being given to 71% patient while there are about 67% patients received insulin. Among the antihypertensives perindopril is given for most patients. The fasting blood sugar was reduced about 8mg/dl( $p<0.0001$ ) while the Post prandial blood sugar was reduced about 19mg/dl( $p<0.0001$ ). The systolic blood pressure level was reduced about 3.5mmHg ( $p<0.005$ ).The diastolic blood pressure level was reduced about 5mmHg ( $p<0.0001$ ).

**Conclusion:** Study concluded that the pharmacist play an important role by providing the counseling which has shown a positive impact on health care.This study justifies the influence of pharmacist provided patient counseling on therapeutic outcomes and overall quality of life.

**Keywords:** Quality of Life, Diabetes Mellitus, Hypertension.

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