



## **Effect of Pharmacists Counseling for Type 2 Diabetes Mellitus Patients on Cost Analysis of Therapy**

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**Abstract :**Costs of health care was increased by various factors such as patterns of disease and treatment changed, advanced technology used, public demand and global economic changes. One of the diseases that require a high cost for management is a diabetic and cost increases when complications arise. The purpose of this study was to determine the effect of counseling and benefits therapy costs to prevent the possibility of complications in patients with type 2 diabetes. This research was conducted for 3 months involving 24 people with type 2 diabetes mellitus patients, divided into two groups, counseling and without counseling by inspecting Blood Sugar Levels, HbA<sub>1c</sub> and costs of therapy analysis. The study was evaluated by grouping the patients by sex and age. The results of the study were more type 2 diabetes mellitus female patients (91.67%) than men (8.33%). The cost of therapy in diabetic patients after given counseling was declined from Rp.49.650 to Rp.17.400. The result of statistical test was obtained cost of counseling therapy in patients with DM decreased significantly ( $p < 0.05$ ). The conclusion of this study was patients who given counseling DM decrease the costs. The provision of counseling affects the cost analysis of therapy in patients with type 2 DM and with counseling can reduce HbA<sub>1c</sub> levels in patients with DM type 2 thus preventing the occurrence of complications.

**Key words :** diabetes mellitus type 2, counseling, costs, HbA<sub>1c</sub>.

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