



## Evaluation of Adherence and Cost Effectiveness of Antilipidemic and Antidiabetic Medications at Tertiary Care Hospital of Hyderabad, Pakistan

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**SUMMARY.** Interventional study on three hundred cardiac and diabetic patients was performed. Patients with age of 20-70 years and taking either antilipidemic and anti-diabetic were evaluated by using the questionnaire. Patients were counseled about importance of appropriate medication and its effects were monitored after six months of counseling. Out of 300, male and female patients were 167 (55.7%) and 133 (44.3%), respectively, with age of  $59.5 \pm 9.6$  years. Over all drug adherence was high 87 (29.0%), moderate 67 (22.3%), and low 146 (48.7%). Drug adherence was high 27 (27.0%), 30 (30.0%), and 30 (30.0%), moderate 24 (24.0%), 26 (26.0%), and 17 (17.0%) and low 49 (49.0%), 44 (44.0%), and 53 (53.0%) in hyperlipidemic, diabetic and hyperlipidemic with diabetic, respectively. Cost effective treatment was niacin in hyperlipidemic, glipizide in diabetic and metformin with atorvastatin in hyperlipidemic with diabetic patients respectively. Drug adherence was low that increased with proper counseling by pharmacists and affordable prescribing.

**RESUMEN.** Se realizó un estudio intervencionista en trescientos pacientes cardíacos y diabéticos. Los pacientes con edad de 20-70 años y que tomaban antilipidémicos y antidiabéticos fueron evaluados mediante el cuestionario. Se aconsejó a los pacientes sobre la importancia de la medicación adecuada y sus efectos se controlaron después de seis meses de asesoramiento. De 300, los pacientes masculinos y femeninos fueron 167 (55.7%) y 133 (44.3%), respectivamente, con una edad de  $59.5 \pm 9.6$  años. En general, la adherencia a los medicamentos fue alta 87 (29.0%), moderada 67 (22.3%) y baja 146 (48.7%). La adherencia a los medicamentos fue alta 27 (27.0%), 30 (30.0%) y 30 (30.0%), moderada 24 (24.0%), 26 (26.0%) y 17 (17.0%) y baja 49 (49.0%), 44 (44.0%) y 53 (53.0%) en hiperlipidémico, diabético e hiperlipidémico con diabético, respectivamente. El tratamiento rentable fue niacina en hiperlipidémicos, glipizida en diabéticos y metformina con atorvastatina en hiperlipidémicos con pacientes diabéticos, respectivamente. La adherencia a los medicamentos fue baja y aumentó con el asesoramiento adecuado de los farmacéuticos y la prescripción asequible.

**KEY WORDS:** antidiabetic, antilipidemic, adherence, glucose, cholesterol.

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