

# Incidence of Polypharmacy in Type 2 Diabetic Patients in a Rural Tertiary Care Teaching Hospital in South India

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## ABSTRACT

Type 2 diabetes mellitus a serious metabolic disorder with high prevalence rate throughout the world, especially in India. Due to the co-morbid conditions, there is necessity of polypharmacy among diabetes patients. The objective of this study was to assess the incidence of polypharmacy in type-2 diabetic patients admitted to general medicine units in a typical tertiary hospital in India. A prospective and observational study was conducted among type-2 diabetic inpatients for the period of 9 months. A total of 152 patients were enrolled; female 90

(59%) patients predominated over males 62 (41%) patients. Maximum participants were illiterate (65%) from very low income families (58%). Out of 152 patients, 128 (84%) patients experience polypharmacy as part their treatment regimen. Polypharmacy was noted with a range of 4 to 8 drugs per prescription. In patients with age group of 51-60, 61-70 and 70 above, including females, smokers, alcohol users, co-morbidity was positively associated with polypharmacy, indicating that diabetes is associated with a variety of other conditions.

**KEYWORDS:** Diabetes mellitus; Polypharmacy; Co-morbidity; type-2 diabetes.