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## Impact assessment of pharmacist-supervised intervention on health-related quality of life of newly diagnosed diabetics in Nepal: A randomized controlled trial approach

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**Background:** Patients' knowledge and self-care skills of diabetes are corner stone to improve their health-related quality of life. The study aimed to assess the impact of pharmacist-supervised intervention through pharmaceutical care program on health-related quality of life of newly diagnosed diabetics in Nepal following a non-clinical randomized controlled trial approach.

**Materials & Methods:** An interventional, pre-post non-clinical randomized controlled trial was conducted among randomly distributed 162 [control (n=54), test 1 (n=54) and test 2 (n=54) groups] newly diagnosed diabetics by a consecutive sampling method for 18 months. An ADDQoL questionnaire investigated patients' health-related quality of life scores at baseline, three, six, nine and twelve months. Test groups' patients received pharmaceutical care while control group patients were under physician/nurse's care. Non-parametric tests i.e., Friedman test, Mann-Whitney U test and Wilcoxon signed rank test were used to find the differences in average weighted impact scores among the groups before and after the intervention ( $p \leq 0.05$ ).

**Results:** Friedman test identified significant ( $p < 0.001$ ) improvement in average weighted impact scores among test groups' patients. However, differences in scores were significant between test groups at 6-months ( $p = 0.033$ ), 9-months ( $p < 0.001$ ) and 12-months ( $p < 0.001$ ); between control and test 1 groups at 12-months ( $p < 0.001$ ) and between control and test 2 groups at 9-months ( $p < 0.001$ ) and 12-months ( $p < 0.0010$ ) on Mann-Whitney U test.

**Conclusions:** Pharmaceutical care intervention significantly improved average weighted impact scores of diabetics in test groups compare to control group. This signifies the improvement in health-related quality of life of test groups' patients and hence describes the pharmacist's contribution and key role in Nepali healthcare system.

### Biography

Dr. Mishra earned his Ph.D. from the Department of Pharmacology and Pharmacotherapy, the Danish University of Pharmaceutical Sciences, Copenhagen, Denmark and has over 20 years of teaching and research experience in Medical Pharmacology. Dr. Mishra has held numerous faculty positions at universities across the world, including Assistant Professor in the Department of Pharmacology at Manipal College of Medical Sciences, Pokhara, Nepal and Assistant Dean of Student Affairs at Saba University. During his faculty position in Nepal, Dr. Mishra has been involved in teaching Pharmacology in problem-oriented, integrated curriculum of Kathmandu University.

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