



LOW COMPLIANCE OF STATINS IN KERALA RURAL POPULATION (DIABSCREEN- 14)

Jothydev Kesavadev, Jisha Shamsudeen, Geetha Dinkar, Sunitha Jothydev, Arun Shankar

Jothydev's Diabetes and Research Centre, Trivandrum, Kerala, India



Summary: Cardiovascular morbidity and mortality are significantly high in T2DM patients. They are regularly prescribed with statins as per the IDF guidelines and those subjects attending our mass diabetes camps while interviewed reveals the fact that they have discontinued statins. This study was conducted to evaluate the prime reasons behind non compliance to statins.

Background : Cardiovascular factors rank first as major cause of mortality in diabetes. Intensive glycemic management has not yet proven clear benefits in preventing macrovascular complications of diabetes as seen in UKPDS, ACCORD etc. Diabetes is a coronary risk equivalent and there is undisputed evidence that dyslipidemia of any form should be aggressively managed. However widespread use of statins despite scores of published supporting scientific data is limited due to various factors. WHO estimates that 60% of the world's cardiac patients will be Indians by 2010. Nearly 50% of CVD-related deaths in India occur below the age of 70, compared with 22% in the West.

Diabscreen Kerala is a major project of P Kesavadev trust operating among the rural & urban population of Kerala. It includes free diabetes screening, interactive education and treatment with special focus on lifestyle modifications. The Diabscreen team consists of doctors, nurses, dieticians, pharmacists and other trained healthcare professionals. Apart from anthropometric measurements, blood is drawn for lab tests.

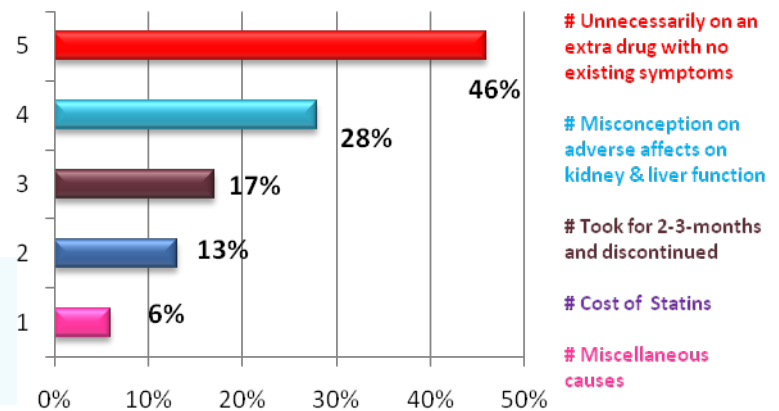
Aim: Our Diabetes Care Team decided to analyze the non compliance by carrying out patient interviews with open ended questions to selected participants of Diabscreen camps.



Method: 2877 participants with baseline conditions of Diabetes and Dyslipidemia, who attended our Diabscreen camps were selected. All these subjects presented with a prescription containing a statin. An open ended interview was carried out by our Diabetes team to evaluate the reasons behind discontinuing statins in spite of being diagnosed with Dyslipidemia. The qualitative analysis of the results generated a mixed response.

Results: Of 2877 subjects 73% were found to be Diabetic patients with Dyslipidemia. 28% had cholesterol values > 220 mg% and were prescribed with statins at one time or other by their treating physicians. Among these 2.4% were on steady medication, while others discontinued.

Conclusion : In Diabetes, Statins are mandatory considering the economics of prevention of CVD. The poor compliance to statins calls for urgent intervention by promoting aggressive educational activities and free drug distribution whenever possible.



Reference:

1. Determinants of Compliance with Statin Therapy and Low Density Lipoprotein Cholesterol Goal Attainment in a Managed Care Population, Jennifer S Schultz, John C. Donnell, Mc Dough MD, Rahul Sasane PhD., Jay Meyer Ph D et al, Am J Manag Care 2005 May 11(5), 306-12
2. High Prevalence of Dyslipidemia and Hypertension detected in a screening program for Diabetes in a Rural Population of a Southern State in India, Kerala (Diabscreen-04), Anupam Kumar, Jothydev Kesavadev, Shabeer Ahamed, Geeta Dinkar, Sunitha Jothydev et al, 68th Scientific session ADA 2008, San Francisco, USA.