

Influence of Pharmacist-led Collaborative Care on Overall Diabetes Control and Management of Lipid Profile Among Diabetics: A Randomized Controlled Trial Findings and Implications

Muhammad Shahid IQBAL ¹, Muhammad Zahid IQBAL ^{2*}, Abid MUSTAFA ³, & Shafqat QAMER ⁴

¹ *Department of Clinical Pharmacy, College of Pharmacy,
Prince Sattam bin Abdulaziz University, 11942 Al-kharj, Saudi Arabia*

² *Department of Pharmacy Practice, Faculty of Pharmaceutical Sciences,
Lahore University of Biological & Applied Sciences, Lahore, Pakistan*

³ *Department of Pharmaceutics, Faculty of Pharmaceutical Sciences,
Lahore University of Biological & Applied Sciences, Lahore, Pakistan*

⁴ *Department of Basic Medical Sciences, College of Medicine,
Prince Sattam bin Abdulaziz University, 11942 Al-kharj, Saudi Arabia*

SUMMARY: The aim of the current study was to evaluate the influence of pharmacist-led collaborative care on overall diabetes control and management of lipid profile among diabetics. This study was conducted as a randomized controlled trial comprising a control group of patients on routine diabetes mellitus (DM) treatment and an interventional group of patients which were under pharmacist counselling and interventional instructions regarding proper DM control and its management as per the practice guidelines. Each arm of this trial, i.e., control and interventional groups, were comprised of 200 DM patients. Statistical Package for the Social Sciences (SPSS) version 25 was used to analyze the data. Both univariate and multivariate analyses demonstrated a statistically significant improvement in factors affecting lipid profile ($p < 0.05$) of the studied patients. Multiple logistic regression analysis showed that statistically significant changes were observed in lipid profile of the studied DM patients in follow-ups especially among the interventional group. The lipid profile was significantly decreased and well managed in the interventional group.

RESUMEN: El objetivo del presente estudio fue evaluar la influencia de la atención colaborativa dirigida por farmacéuticos en el control general de la diabetes y el manejo del perfil lipídico entre los diabéticos. Este estudio se llevó a cabo como un ensayo controlado aleatorio que comprendía un grupo de control de pacientes en tratamiento de rutina para la diabetes mellitus (DM) y un grupo intervencionista de pacientes que estaban bajo asesoramiento farmacéutico e instrucciones intervencionistas sobre el control adecuado de la DM y su manejo según las pautas de práctica. Cada brazo de este ensayo, es decir, los grupos de control e intervención, estuvo compuesto por 200 pacientes con DM. Para analizar los datos se utilizó el Paquete Estadístico para Ciencias Sociales (SPSS) versión 25. Tanto los análisis univariados como multivariados demostraron una mejora estadísticamente significativa en los factores que afectan el perfil lipídico ($p < 0,05$) de los pacientes estudiados. El análisis de regresión logística múltiple mostró que se observaron cambios estadísticamente significativos en el perfil lipídico de los pacientes con DM estudiados en los seguimientos, especialmente entre el grupo intervencionista. El perfil lipídico disminuyó significativamente y se controló bien en el grupo de intervención.

KEY WORDS: control, diabetes mellitus, HbA1c, lipid profile, interventional, pharmacist-led.

* Author to whom correspondence should be addressed. *E-mail:* dr.mian.zahid.84@gmail.com