

# IATROGENIC HYPOGLYCEMIA: FREQUENCY AND IMPACT ON QUALITY OF LIFE AMONG TYPE 2 DIABETES MELLITUS PATIENTS

K. BEN JEDDOU<sup>1</sup>, A. ABBASSI<sup>2</sup>, H. SAKLY<sup>1</sup>, E. BEN MRAD<sup>2</sup>, K. KHIARI<sup>3</sup>, Z. OUAHCHI<sup>2</sup>.

<sup>1</sup> University Hospital of Bizerte, Pharmacy, Tunisia

<sup>2</sup> University Hospital of Charles Nicolle, Pharmacy, Tunisia

<sup>3</sup> University Hospital of Charles Nicolle, Internal Medicine, Tunisia

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## BACKGROUND

Hypoglycemia is the antidiabetic drugs major side effect especially for insulin and insulin secretagogues. Few observations in real life iatrogenic hypoglycemia studies on type 2 diabetes have been carried out.

## PURPOSE

To assess iatrogenic hypoglycemia frequency on Type 2 diabetic patients and to measure its impact on quality of life.

## MATERIAL AND METHODS

It is an observational cross-sectional study among type 2 diabetes inpatient and outpatient at endocrinology department. Patients were asked the number of times they experienced light or moderate hypoglycemia in the past 6 months and severe hypoglycemia in the past 12 months. Quality of life related to patient's health was measured by the EQ-5D (Euro 5 quality of life dimensions). The EQ-5D score index was determinate through a conversion table. This score can range from -0.529 to 1 for our country. The EQ-5D also includes a visual analog scale (EQ-VAS) graduated from 0 to 100. Statistical tests ANOVA and chi 2 were applied and statistical significance was accepted at  $p < 0.05$ .

## CONCLUSION

Our study revealed that iatrogenic hypoglycemia had elevated rates and it impacts Type 2 diabetic patients quality of life. This major side effect should have more consideration by practitioners for better diabetes management.

## REFERENCE

Green AJ. Diabetes Res Clin Pract. 2012;96(3):313-8.

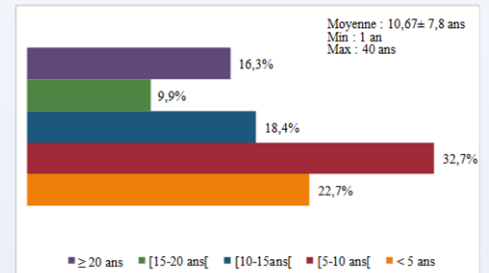
## RESULTS

A total of 141 Type 2 diabetic patients were enrolled. Average age was 59,3 +/- 10,2 years and sex ratio was 0,64.

### PATIENT CHARACTERISTICS

	N (%)
<b>SEX</b>	
Male	59 (41,8)
Female	82 (58,2)
<b>AGE (years)</b>	
Mean age +/- SD	59,53 +/- 10,2
Range	[31, 86]
<b>EDUCATION LEVEL</b>	
Illiterate	53 (37,6)
Primary school	44 (31,2)
Secondary school	25 (17,7)
Upper level	19 (13,5)
<b>ECONOMIC SITUATION</b>	
Precarious	46 (32,6)
Moderate	72 (51)
Good	23 (16,4)

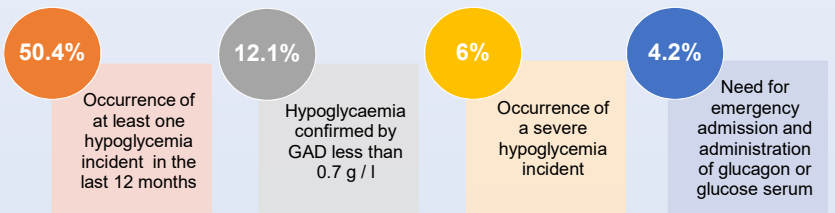
### AGE OF DIABETES



### ANTIDIABETIC TREATMENT

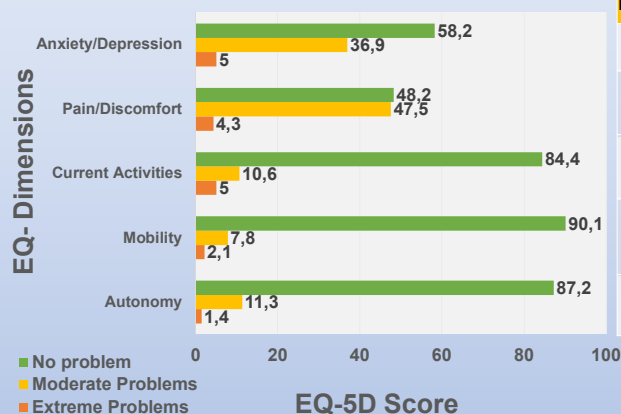
Treatment	%	OAD	%
Oral antidiabetic (OAD)	46,1	Metformin	
Oral antidiabetic + insulin	39	Acarbose	
Insulin	22	sulphonylurea	

### INCIDENTS OF HYPOGLYCEMIA



### QUALITY OF LIFE

#### Quality of life of diabetic patients with episodes of hypoglycemia according to EQ- 5D scale



#### Test chi 2 (p)

	Hypoglycemia	severe hypoglycemia
Anxiety/Depression	0,01	0,027
Pain/Discomfort	0,153	0,015
Current Activities	0,006	0,034
Mobility	0,001	0,452
Autonomy	0,253	0,130

#### Quality of life of diabetic patients with episodes of hypoglycemia according to EQ- VAS

Median score of EQ-VAS was 65.

