

Assessing the Relationship between SSRIs, SNRIs, and Bupropion Adherence and Glycemic Control in the Diabetic Population among LA General Medical Center Patients

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Background/Purpose:

The correlation between adherence to antidepressants and glycemic control has been studied. However, the population in the LA General Medical Center diabetic clinic, consisting primarily of individuals coming from low income backgrounds, has yet to be observed. This study aims to further assess the relationship between antidepressants and glycemic control. The purpose is to provide feedback to LA General Hospital to implement a system that may help encourage medication adherence among the target patient population.

Methods

The study population are the LA General Medical Center diabetic clinic patients. Diabetic patients on antidepressants, such as SSRIs, SNRIs, and bupropion were included. From this study population, patient's antidepressant medication adherence were recorded based on provider's notes and past filled history. We analyzed their A1c levels pattern to see if there is a correlation between their adherence and glycemic control. Those indicated as adherent will be patients who showed consistency with their medication fill and pickups based on prescription quantity. Meanwhile, patients who are not consistent or did not utilize medication once prescribed were considered non-adherent. We categorized controlled A1c as a decreasing or constant A1c pattern. Uncontrolled A1c were categorized as those individuals that increase or fluctuate in pattern.

Results

The majority of our study population consisted of hispanic females from ages 50-70. More than half our study population conformed to the pattern that if there is adherence to antidepressant medication, a controlled glycemic control would follow. The majority of patients also have various comorbid conditions such as hypertension, dyslipidemia and other chronic diseases.

Conclusion

Our study suggests that patients in the LA General Medical Center diabetic clinic population who are adherent to their psychological medications, specifically, SSRIs, SNRIs, and bupropion have a more controlled glycemic control. We hope these findings encourage medication adherence and lead to a medication adherence program within the diabetic clinic.