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Role of Community Pharmacist Care and Management Diabetic Neuropathic Patients

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A B S T R A C T

Pharmacist is currently turning further into a patient minded than product tilted and have brought several changes in lifetime of patients. There are substantial proofs that patient's psychotherapy enhances patient conformity and advance the standard of life effect in diabetic patients. Diabetic neuropathy could be a kind of nerve injury that's seen in people that have diabetes. This makes it difficult for the nerves to carry messages to the brain and parts of the body. Diabetic neuropathy can influence any fraction of the nervous system. This nerve disorder ought to be alleged in all patients with type 2 diabetes and in sufferers who've had type 1 diabetes for greater than 5 years. About 60 to 70 percent of human beings with diabetes have a little type of neuropathy. People with diabetes can develop nerve problems at any time, but the risk increases with age and duration of the disease. The highest rates of neuropathy occur among people who have had diabetes for as a minimum 25 years and among humans who've hassle controlling their blood sugar levels, as well as the ones with excessive degrees of blood fat and blood pressure and people who are overweight. Diabetic neuropathy is long-term damage to the nerve fibers. It happens when high blood glucose levels are present over several years. In diabetes, the form it usually first takes is reduced sensation in the feet. The nerve harm influences each foot equally and in the end extends up the legs. Poor consciousness in your feet makes them extra at risk of injury. Combined with terrible circulation this could easily cause ulcers and infections. As community Pharmacist becomes a consultant for patients who are put on therapy. He counsels the patients about the disease process and simultaneously role of drugs. He informs the patient of drug interactions and adverse reactions.

Keywords: Community Pharmacist, Neuropathic Patients, Diabetic Neuropathy

Introduction

Diabetic neuropathy could be an exhausting disorder that happens in nearly 50 percent of patients with diabetes. It's a delayed verdict in type 1 diabetes however will be an untimely verdict in type 2 diabetes. The first kinds of diabetic neuropathy are sensor motor and autonomic. Neuropathy could be a common name for obstacles disturbing the nervous system. Acute neuropathy (neuritis) sometimes disappears once the diabetes is in managed. It usually presents as a fiery consciousness within the feet and is very terrible at night time and might disrupt sleep. Chronic neuropathy has more serious implications. A before time indication of diabetic neuropathy could be a deficient in the ability to experience sensations, for example from a tuning fork. This check will be conceded away throughout your annual diabetes check-up. The same type of nerve harm will occur within the hands. This is uncommon, and is always accompanied by problems in the feet and legs. Unfortunately; this type of nerve damage is permanent. Once it's turned out, it isn't superior by higher management of diabetes. Other kinds of nerve harm seen in diabetes embrace palsy involving single nerves and a few painful types of neuralgia (nerve pain). These nerve conditions can be improved by good diabetes control.

The morbidity and mortality of diabetes is due to the development of both macrovascular and microvascular complications. Macrovascular complications including myocardial infarction, stroke, and large vessel peripheral vascular disease are 2 to 4 times more prevalent in individuals with diabetes. The underlying common measures in macrovascular a barrier is that the capacity of the diabetic condition to accelerate atherogenesis. Atherogenesis could be a complex reaction of vessels to damage; each insulin conflict and elevated lipid levels, common in diabetes, are primary triggers of atherogenic damage. The endothelium in diabetic arteries is additionally liable to atherogenic damage, liable owing to reduced production of epithelial nitric oxide, best-known to be antiatherogenic, and enlarged production of plasminogen activator inhibitor-1 (PAI-1). While macro-vascular obstacles are common among diabetics, diabetes-specific microvascular obstacles can eventually have an effect on nearly all people with diabetes. Diabetic retinopathy is that the most typical reason for adult visual disorder within the U.S. Ninety percent of diabetics present proof of retinopathy surrounded by 15 years of sickness onset and or so 25000 new cases of diabetes-related visual disorder are reported annually. Diffuse neuropathy is treated by conveying blood sugar levels in check. This can help to prevent problems from this diabetic complication. Diet, exercise or medication may be adjusted to reach these goals. Exercise can be particularly effective, helping the

patient to improve circulation, strengthen muscle and lose weight. Smoking should be stopped and the amount of alcohol consumed should be reduced. Taking regular care of your feet and skin is essential.

Types of Diabetes Neuropathy

There are three broad types of neuropathy: sensory, autonomic and motor:

Sensory neuropathy- (or peripheral neuropathy, typically simply referred to as neuropathy) concern the nerves that bear information to the brain concerning vibrations from numerous fractions of the body - however hot or cold one thing is, what the feel of one thing seems like, the pain caused by a pointy object or heat, etc. this can be the foremost common variety of diabetic neuropathy.

Autonomic neuropathy- affects the nerves that control involuntary activities of the body, such as the action of the stomach, intestine, bladder and even the heart.

Motor neuropathy- affects the nerves that carry signals to muscles to allow motions like walking and moving fingers. This form of neuropathy is very rare in diabetes.

Sensory neuropathy can lead to pain, numbness or tingling in the extremities and, ultimately, an inability to feel heat, cold, pain or any other sensation in affected areas. Autonomic neuropathy will cause inability in men, bladder neuropathy (which means that the bladder is unable to empty completely), diabetic symptom, or blown up abdomen. Motor neuropathy can lead to muscle weakness. If you are diagnosed with neuropathy, your physician may use terms to describe the type that you have based on whether only one side of your body is affected (asymmetric) or both sides (symmetric). If only one kind of nerve is affected, your doctor may say you have mononeuropathy. If several nerves are affected, the term polyneuropathy may be used.

- **Distal Neuropathy** - Is a form of sensory neuropathy that affects the hands or feet. It can be asymmetric but is usually symmetric, and is the most frequently diagnosed type of neuropathy
- **Femoral neuropathy** - Is painful sensory neuropathy that centers in the thigh muscles. It can be asymmetric or symmetric.
- **Diabetic amyotrophy** - Is motor neuropathy that affects the thigh nerves, with resulting weakness often in addition to or instead of pain. It can be symmetric or asymmetric.
- **Gastroparesis** - Is autonomic neuropathy that affects the stomach, preventing it from emptying normally. It can result in ulcer-like symptoms, vomiting, bloating, and poor absorption of food resulting in malnutrition and hypoglycemic episodes as food fails to be absorbed at the anticipated rate. High blood sugars can later

result when the meal finally makes its way through the system.

- **Diabetic diarrhea** - Is autonomic neuropathy that results in an erratic functioning of the small intestine. This can cause unformed stools to be passed. If the nerves which communicate with the sphincter muscles (which control passing a bowel movement) are not working properly, stool can pass without warning, and/or without being able to control when it comes out, resulting in fecal incontinence. Constipation also can result when the large intestine is involved and the stool remains in the large intestine too long.
- **Bladder neuropathy** - Occurs when the bladder nerves no longer respond normally to pressure as the bladder fills with urine, and do not enable the bladder to empty completely. Some urine continually stays in the bladder, leading to urinary tract infections. Symptoms of this problem include cloudy urine, painful urination, low back pain and fever.
- **Postural hypotension** - Is autonomic neuropathy that results in low blood pressure when standing. In people with postural hypotension, the pulse does not go up to compensate for the change in blood pressure, so fainting and dizziness can result.
- **Charcot joint** - Is also called neuropathic arthropathy and occurs when the bones in the feet fracture or "powder" and the foot becomes misaligned. The foot becomes deformed as a result of the lack of nerve stimulation, which causes the muscles to lose the ability to support the foot properly. Walking makes it worse. People who already have neuropathy in their feet and have lost sensation are at a greater risk of developing this.
- **Unilateral foot drop** - Occurs when the foot can't be picked up because a nerve in the leg has been damaged either by blood vessel disease or compression.
- **Impotence** - Is caused by autonomic neuropathy and/or sensory neuropathy, and/or blood vessel disease that lead to an inability to have and maintain an erection in men.

Causes of Diabetic Neuropathy

The bases are perhaps unlike for unusual kind of diabetic neuropathy. Researchers are learning how extended contact to elevated blood glucose causes nerve harm. Nerve damage is likely due to a combination of factors:

- Metabolic factors, such as high blood glucose, long duration of diabetes, abnormal blood fat levels, and possibly low levels of insulin
- Neurovascular factors, leading to damage to the blood vessels that carry oxygen and nutrients to nerves
- Autoimmune factors that cause inflammation in nerves

- Mechanical injury to nerves, such as carpal tunnel syndrome
- Innate behavior that raise propensity to nerve disease
- Routine aspect, such as smoking or alcohol use

Symptoms Diabetic Neuropathy

Symptoms depend on the type of neuropathy and which nerves are affected. Some people with nerve damage have no symptoms at all. For others, the primary symptom is usually lack of sensation, tingling, or pain within the feet. Symptoms are usually minor initially, and since most nerve harm happens over many years, delicate cases might go unperceived for an extended time. Symptoms will involve the sensory, motor, and involuntary- or involuntary-nervous systems. In some folks, primarily those with focal neuropathy, the onset of pain could also be unexpected and severe.

- Symptoms Of Nerve Damage May Include
- Numbness, Tingling, Or Pain In The Toes, Feet, Legs, Hands, Arms, And Fingers
- Wasting Of The Muscles Of The Feet Or Hands
- Indigestion, Nausea, Or Vomiting
- Diarrhea Or Constipation
- Dizziness Or Faintness Due To A Drop In Blood Pressure After Standing Or Sitting Up
- Problems With Urination
- Erectile Dysfunction In Men Or Vaginal Dryness In Women
- Weakness

Symptoms that are not due to neuropathy, but often accompany it, include weight loss and depression.

Pathophysiology of Diabetic Neuropathy

The factors that cause diabetic neuropathy have not been understood completely. However, there are a number of factors that are considered to be responsible for this damage. Some of the proposed theories for the occurrence of diabetes neuropathy include:

Metabolic theory - This proposes that diabetes causes increase in the glucose in the nerves, which causes saturation of the normal glycolytic pathway. This results in increase of sorbitol and fructose that decrease the nerve activity and inhibits the transmission through nerves.

Vascular Theory - As per this theory endoneurial ischemia is formed that increases the vascular resistance to the hyperglycemic blood. This results in nerve damage.

Altered neurotrophic support theory - The neurotrophic factors are responsible for the maintenance and development of the responsive elements of the nerves. If there is alteration in these systems then it can result in nerve damage.

Laminin theory: Lack of the glycoprotein Laminin can result in nerve damage.

Autoimmune theory: IF there is any alteration in the immunogenic system then it can result in nerve damage.

Diabetic neuropathy is seen to occur more frequently in male patients suffering from diabetes rather than female patients. Moreover it is seen to occur in patients where diabetes is severe.

Risk Factors of Diabetic Neuropathy

- Smoking
- Aged over 40 years
- History of periods of poor glycaemic control
- Prevalence increases with increased duration of diabetes
- People with signs of neuropathy are likely also to have evidence of diabetic nephropathy and diabetic retinopathy
- Hypertension
- Ischemic heart disease

Diagnosis of Diabetic Neuropathy

Foot Exams

Experts suggest that individuals with diabetes have a comprehensive foot examination annually to ascertain for peripheral neuropathy. Individuals diagnosed with peripheral neuropathy want additional frequent foot exams. A comprehensive foot examination assesses the skin, muscles, bones, circulation, and consciousness of the feet. Your doctor could assess protecting consciousness or sensitivity in your feet by touching your foot with a nylon monofilament - kind of like a hair on a brush- hooked up to a wand or by prick your foot with a pin. People that cannot sense pressure from a pin pierce or monofilament have lost protecting consciousness and are in danger for developing foot sores which will not cure appropriately. The doctor can also ensure temperature perception or via a tuning fork that is additional sensitive than feel pressure, to assess vibration view.

Other Tests

The doctor may perform other tests as part of your diagnosis.

- Nerve conductivity studies or electromyography are typically accustomed facilitate verify the sort and extent of nerve injury. Nerve conductivity study verifies the transmission of electrical current through a nerve. Electromyography shows however take action to electrical signals transmitted by close nerves. These tests are rarely needed to diagnose neuropathy.
- A check of heart rate variability shows how the heart responds to deep breathing and to changes in blood pressure and posture.

- Ultrasound uses sound waves to produce an image of internal organs. An ultrasound of the bladder and other parts of the urinary tract, for example, can show how these organs preserve a normal structure and whether the bladder empties completely after urination.

Treatment of Diabetic Neuropathies

The first treatment step is to bring blood glucose levels within the normal range to help prevent further nerve damage. Blood glucose monitoring, meal planning, physical activity, and diabetes medicines or insulin will help control blood glucose levels. Symptoms could worsen once blood sugar is initial brought in check, however over time, maintaining lower blood sugar levels helps reduce symptoms. Good blood glucose control may also help prevent or delay the onset of further problems. As scientists find out additional regarding the underlying causes of neuropathy, new treatments could become out there to assist slow, prevent, or maybe reverse nerve harm. As described in the following sections, additional treatment depends on the type of nerve problem and symptom. If you have problems with your feet, your doctor may refer you to a foot care specialist.

Pain Relief

Doctors typically treat painful diabetic neuropathy with oral pills, though alternative varieties of treatments could facilitate some individuals. People with severe nerve pain may benefit from a combination of medications or treatments. Talk with your health care provider about options for treating your neuropathy. Medications used to help relieve diabetic nerve pain include

- Tricyclic antidepressants, such as amitriptyline, imipramine, and desipramine (norpramin, pertofrane)
- Other types of antidepressants, such as duloxetine (cymbalta), venlafaxine, bupropion (wellbutrin), paroxetine (paxil), and citalopram (celexa)
- Anticonvulsants, such as pregabalin (lyrica), gabapentin (gabapone, neurontin), carbamazepine, and lamotrigine (lamictal)
- Opioids and opioid-like drugs, such as controlled-release oxycodone, an opioid; and tramadol (Ultram), an opioid that also acts as an antidepressant

Duloxetine and pregabalin are approved by the U.S. Food and Drug Administration specifically for treating painful diabetic peripheral neuropathy. You do not have to be depressed for an antidepressant to help relieve your nerve pain. All medications have side effects, and some are not recommended for use in older adults or those with heart disease. Because over-the-counter pain medicines such as acetaminophen and ibuprofen may not work well for treating most nerve pain and can have serious side effects, some experts recommend avoiding these medications.

Treatments that are applied to the skin - typically to the feet - include capsaicin cream and lidocaine patches (Lidoderm, Lidopain). Studies suggest that nitrate sprays or patches for the feet may relieve pain. Studies of alpha-lipoic acid, an antioxidant, and evening primrose oil have shown that they can help relieve symptoms and may improve nerve function.

A device referred to as a bed cradle will keep sheets and blankets from touching sensitive feet and legs. Acupuncture, bio-opinion or physiatrist treatment could facilitate relieve pain in some folks. Treatments that involve electrical nerve stimulation, magnetic medical care, and laser or light medical care could also be useful however would like more study. Researchers are learning many new therapies in clinical trials.

Gastrointestinal Problems

To relieve mild symptoms of gastroparesis - indigestion, belching, nausea, or vomiting - doctors suggest eating small, frequent meals; avoiding fats; and eating less fiber. When symptoms are severe, doctors may prescribe erythromycin to speed digestion, metoclopramide to speed digestion and help relieve nausea, or other medications to help regulate digestion or reduce stomach acid secretion. To relieve diarrhea or other bowel problems, doctors may prescribe an antibiotic such as tetracycline, or other medications as appropriate.

Dizziness and Weakness

Sitting or standing slowly may help prevent the light-headedness, dizziness, or fainting associated with blood pressure and circulation problems. Raising the top of the bed or trying elastic stockings may additionally facilitate. Some folks like greater than before salt within the diet and treatment with salt-retaining hormones. Others gain high blood pressure pills. Physiatrist will facilitate once muscle weakness or loss of coordination may be a downside.

Urinary and Sexual Problems

To clear up a urinary tract infection, the doctor will probably prescribe an antibiotic. Drinking plenty of fluids will help prevent another infection. People who have incontinence should try to urinate at regular intervals—every 3 hours, for example - since they may not be able to tell when the bladder is full.

To treat erectile dysfunction in men, the doctor will first do tests to rule out a hormonal cause. Several methods are available to treat erectile dysfunction caused by neuropathy. Medicines are available to help men have and maintain erections by increasing blood flow to the penis. Some are oral medications and others are injected into the penis or inserted into the urethra at the tip of the penis. Mechanical vacuum devices can also increase blood flow to the penis.

Another option is to surgically implant an inflatable or semi-rigid device in the penis. Vaginal lubricants are also helpful for ladies once neuropathy causes vaginal aridness. To treat issues with arousal and climax, the doctor could refer ladies to a gynecologist.

Foot Care

People with neuropathy ought to take special care of their feet. The nerves to the feet are the longest within the body and are those most frequently suffering from neuropathy. Failure of consciousness within the feet implies that sores or injuries might not be detected and will become ulcerated or infected. Circulation issues additionally amplify the danger of foot ulcers. Quite half all lower-limb amputations within the U.S occur in individuals with polygenic disorder - 86000 amputations per annum. Doctors estimate that almost half the amputations caused by neuropathy and reduced motion may be prevented by careful foot care.

Follow these steps to take care of your feet:

- Dirt free your feet each day, using lukewarm - not hot - water and a gentle soap. Keep away from soaking your feet. Dry them with a supple towel and arid carefully in between your toes.
- Examine your feet and toes each day for cuts, blisters, redness, swelling, calluses, or other troubles. Use a mirror- place a mirror on the floor works well - or get facilitate from someone besides if you cannot see the bottoms of your feet. Inform your health care provider of any troubles.
- Moisturize your feet with lotion, but avoid getting the lotion between your toes.
- After a bath or shower, file corns and calluses gently with a pumice stone.
- Each week or when needed, cut your toenails to the shape of your toes and file the edges with an emery board.
- Forever put on shoes or slippers to guard your feet from harm. Prevent skin irritation by wearing thick, soft, seamless socks.
- Wear shoes that fit well and allow your toes to move. Break in new shoes gradually by first wearing them for only an hour at a time.
- Before set your shoes on, look them over fastidiously and feel the insides together with your hand to create positive they need no tears, sharp edges, or objects in them which may injure your feet.

Conclusion

Diabetic neuropathy in the form of autonomic neuropathy may likewise affect the digestive system, the heart, and the reproductive organs. Proximal neuropathy affects the hips, thighs, and or buttocks area. Blood glucose control is the most effective (and simplest) treatment for neuropathy. A

patient's blood glucose level has to be maintained within the standard range in order to put off additional nerve damage. The doctor may design a program that helps the patient monitor his or her blood glucose, plan meals around the goal, and exercise specifically for the condition. Some patients are advised to take either insulin injections or oral drugs that help manage blood glucose levels. Aspirins and non-steroidal anti-inflammatory drugs may also be prescribed to lessen pain. Some doctors also administer electronic nerve stimulation to impede pain. Combinations of relaxation training, hypnosis, acupuncture, and biofeedback are also sometimes used. Community Pharmacist who can properly guide the optimal management for each individual patient.

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