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Title	An Assessment on Preanalytical Preparation of patients in Fasting and Postprandial Glucose Estimation.
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Category	Miscellaneous
Abstract	<p>Introduction: Laboratory results serve as a cornerstone in today's evidence based medicine era, especially in Endocrinology. The frequency of laboratory errors is more in preanalytical phase followed by analytical and post analytical phase.</p> <p>Suboptimal information about preanalytical preparation and lack of following the instructions by the patients will lead to erratic results and misinterpretation of results. The present study aims at assessing the preanalytical preparation from outpatients and inpatients for fasting and postprandial glucose estimation at Chennai Medical College Hospital and Research Centre.Trichy</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. To assess whether the patients are properly informed about the preparation for the fasting and postprandial glucose before sample collection. 2. To assess whether the patient are following the instructions given. <p>Methodology: The Present study is a cross sectional study conducted at Chennai medical college hospital and research institute, Irungalur, Trichirappalli. A sample size of 100 adult patients includes male and female, both out patients (60) and inpatients (40) giving fasting and post prandial samples for estimation in clinical Biochemistry Department were included for the present study. Questionnaire was prepared in such a way, which includes whether the patient was well informed about the preparations of fasting, post prandial sample collection and also checking the patients whether the instructions given are properly followed by them.</p> <p>Result: A total number of 100 subjects (60 outpatients and 40 inpatients) were enrolled for the present study. Among this 40 subjects (10 Outpatients and 30 inpatients) for fasting blood glucose and 70 subjects (40 outpatients and 30 inpatients) for postprandial blood glucose were properly instructed on diet and time of collection for glucose estimation. Patients not adhering to the given instructions were 30(outpatients 20 and inpatients 10) .The present study shows that there was a lacunae in giving instruction and adhering to the instruction of fasting and postprandial glucose estimation which will have an impact on therapeutic intervention.</p> <p>Conclusion: Proper training regarding preanalytical patient preparation on fasting/postprandial sampling of the ward staffs, interns and other para medical personnels involved in preanalytical phase will ensure sample quality and trueness of results. Education and awareness of the of preanalytical preparation is the preferred way to intervene the issue so as to enhance better quality reports.</p>
Conflicts	
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Decision of Scientific committee	
State if accepted for oral	