

# **A Review on As Quality Metrics for Chronic Disease**

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**Abstract:** *To assess health-related quality of life (HRQOL) among patients with chronic diseases. A community-based, prospective, observational, multicentre study was conducted over a period of four months using a home-to-home survey. Individuals aged 35 years and above diagnosed with hypertension, angina, coronary artery disease, myocardial infarction, hyperlipidaemia, or diabetes mellitus were enrolled. Data were collected through face-to-face interviews using the Short Form-36 (SF-36) questionnaire. A total of 300 participants were included in the study. Most participants belonged to the 55–64-year age group. The majority resided in rural areas (58.33%), and cardiovascular diseases were the most prevalent conditions (56.67%). Among the SF-36 domains, physical functioning had the lowest mean score ( $67.08 \pm 25.73$ ), while social functioning showed the highest mean score ( $90.47 \pm 15.60$ ). HRQOL scores demonstrated a declining trend with increasing age. Chronic diseases significantly impair physical aspects of health, whereas mental health remained relatively preserved among the study participants. Increasing disease duration and the presence of comorbidities were associated with a decline in HRQOL. Early intervention and comprehensive management strategies are essential to improve quality of life in patients with chronic illnesses.*

**Keywords:** Health-related quality of life, SF-36, Chronic disease, Diabetes mellitus, Cardiovascular disease

