

ABSTRAK

Judul : Analisis Efektivitas Penggunaan Kombinasi Antidiabetik Oral Terhadap Kadar Glukosa Darah Pada Pasien Diabetes Melitus Tipe II Di RSUD Tarakan

Nama : Ramitha Dewi

Program Studi : Farmasi

Diabetes Melitus (DM) merupakan penyakit kelainan metabolik yang berhubungan dengan abnormalitas metabolisme karbohidrat, lemak dan protein yang disebabkan oleh gangguan kerja insulin. DM ditandai dengan peningkatan kadar glukosa darah (hiperglikemia). Kadar glukosa darah berupa Glukosa Darah Puasa (GDP), Glukosa Darah 2 jam *postprandial* (GPP), dan HbA1c. Pemeriksaan kadar glukosa darah wajib 3 bulan sekali untuk melihat efektivitas terapi. Dalam pengendalian kadar glukosa darah, pasien diterapi farmakologis dengan antidiabetik oral. Metformin dijadikan pilihan pertama pada terapi antidiabetik oral. Penggunaan terapi kombinasi lebih efektif dalam mengontrol kadar glukosa darah. Metformin secara umum dikombinasikan dengan Glimepirid atau Akarbosa. Tujuan penelitian ini membandingkan efektivitas kombinasi Metformin – glimepirid dengan Metformin – akarbosa terhadap kadar glukosa darah. Penelitian ini bersifat observasional deskriptif dengan metode pengambilan data secara retrospektif. Populasi sampel berupa data rekam medis pasien rawat jalan yang menggunakan kombinasi Metformin – akarbosa atau Metformin – glimepirid periode Agustus 2021 – Februari 2022. Sampel yang digunakan berdasarkan teknik purposive sampling yaitu memenuhi kriteria inklusi sebanyak 133 pasien. Hasil penelitian menunjukkan diantara kedua kombinasi terhadap kadar glukosa darah tidak terdapat perbedaan yang signifikan atau memiliki nilai sig. $0,064 > 0,05$. Metformin – akarbosa memiliki rata-rata kadar GDP $147,36 \text{ mg/dL} \pm 32,43$, GPP $175,66 \text{ mg/dL} \pm 32,646$, dan HbA1c $7,090\% \pm 1,101$. Sedangkan Metformin – glimepirid memiliki rata-rata kadar GDP $138,20 \text{ mg/dL} \pm 26,603$, GPP $178,90 \text{ mg/dL} \pm 36,006$, dan HbA1c $6,955\% \pm 0,939$.

Kata Kunci : Antidiabetik oral, Kombinasi Metformin – akarbosa, Metformin – glimepirid, Kadar Glukosa darah, Efektivitas.

ABSTRACT

Title : Analysis of the Effectiveness of the Use of Oral Antidiabetic Combination on Blood Glucose Levels in Type II Diabetes Mellitus Patients at RSUD Tarakan
Name : Ramitha Dewi
Study Program: Pharmacy

Diabetes Mellitus (DM) is a disease of metabolic disorder associated with abnormalities of carbohydrate, fat, and protein caused by impaired insulin action. DM is characterized by an increase in blood glucose levels (hyperglycemia). Blood glucose levels are in the form of Fasting Blood Glucose (GDP), Blood Glucose 2 hours *postprandial* (GPP), and HbA1c. Examination of blood glucose levels is mandatory every three months to see the effectiveness of therapy. In controlling blood glucose levels, patients were treated pharmacologically with oral antidiabetics. Metformin is the first choice of oral antidiabetic. The use of combination therapy is more effective in controlling blood glucose levels. Metformin is generally combined with Glimepiride or Akarbosa. The purpose of this study was to compare the effectiveness of the combination of Metformin – glimepiride with Metformin – akarbosa on blood glucose levels. This research is descriptive observational with retrospective data of outpatients using the combination Metformin – akarbosa or Metformin – Glimperide period August 2021 – February 2022. The sample used is based on a purposive sampling technique, which meets the inclusion criteria of 133 patients. The results showed that between two combinations there was no significant difference in a Sig. value $0,064 > 0,05$. Metformin – akarbosa has an average level of GDP $147,36 \pm 32,43$, GPP $175,66 \pm 32,646$, and HbA1c $7,090 \pm 1,101$. Meanwhile, Metformin – glimepiride has an average level of GDP $138,20 \pm 26,603$, GPP $178,90 \pm 36,006$, and $6,955 \pm 0,939$.

Key words : Oral antidiabetic, Combination of Metformin – akarbosa, Combination of Metformin – glimepiride, Blood Glucose Levels, Effectiveness