

# **ANALISIS EFEKTIVITAS BIAYA (*COST EFFECTIVENESS ANALYSIS*) TERAPI DUA KOMBINASI ANTIDIABETES PADA PASIEN DIABETES MELITUS TIPE 2 RAWAT JALAN DI RSUD SLEMAN**

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## **INTISARI**

**Latar Belakang:** Diabetes melitus (DM) tipe 2 adalah salah satu penyakit metabolik kronis yang ditandai dengan meningkatnya kadar gula darah akibat resistensi insulin. Prevalensi DM tipe 2 di Indonesia sekitar 10,7 juta penderita. Berdasarkan data klaim BPJS total biaya pengobatan DM tipe 2 dan komorbidnya menghabiskan dana sebanyak Rp. 7,7 triliun. Besarnya biaya pengobatan DM tipe 2 menyebabkan perlunya kajian farmakoekonomi yakni *Cost Effectiveness Analysis* (CEA) untuk melihat terapi kombinasi antidiabetes yang *cost effective*.

**Tujuan Penelitian:** Mengetahui efektivitas biaya terapi dua kombinasi antidiabetes pada pasien DM tipe 2 rawat jalan di RSUD Sleman.

**Metode Penelitian:** Deskriptif non eksperimental dengan pendekatan *cross sectional* secara retrospektif berdasarkan perspektif *payer*. Sampel pada penelitian ini adalah pasien DM tipe 2 rawat jalan di RSUD Sleman yang menggunakan terapi dua kombinasi antidiabetes. Pengambilan sampel menggunakan teknik *total sampling* yang diperoleh sebanyak 47 pasien. Efektivitas biaya terapi digambarkan dengan nilai ACER dan ICER.

**Hasil:** Berdasarkan penelitian ini terapi yang paling banyak digunakan pada pasien DM tipe 2 rawat jalan di RSUD Sleman adalah kombinasi antidiabetes Metformin + Glimpiride sebanyak 10 pasien (21,27%). Total rerata biaya medis langsung paling kecil terdapat pada kombinasi Metformin + Glimpiride sebesar Rp 163.730. Nilai ACER yang terendah terdapat pada kombinasi Metformin + Glimpiride sebesar Rp 1.819 dan nilai ICER terendah pada kombinasi Ryzodeg + Metformin sebesar -Rp 4.840.

**Kesimpulan:** Terapi kombinasi antidiabetes pada pasien DM tipe 2 rawat jalan di RSUD Sleman yang *cost effective* adalah kombinasi Metformin + Glimpiride.

**Kata kunci:** DM tipe 2, Efektivitas biaya, Kombinasi dua antidiabetes.

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**COST EFFECTIVENESS ANALYSIS OF TWO ANTIDIABETIC  
COMBINATION THERAPIES IN OUTPATIENT TYPE 2  
DIABETES MELLITUS PATIENTS  
AT SLEMAN HOSPITAL**

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**ABSTRACT**

**Background:** Type 2 diabetes mellitus (DM) is one of the chronic metabolic diseases characterized by increased blood sugar levels due to insulin resistance. The prevalence of type 2 DM in Indonesia is around 10.7 million sufferers. Based on BPJS claim data, the total cost of type 2 DM treatment and comorbidity costs Rp. 7.7 trillion. The high cost of treating type 2 DM causes the need for pharmacoeconomic studies, namely *Cost Effectiveness Analysis* (CEA) to see cost-effective antidiabetic combination therapy.

**Objective:** Determine the cost-effectiveness of two antidiabetic combination therapies in outpatient type 2 DM patients at Sleman Hospital.

**Method:** Descriptive non-experimental with *cross sectional* approach retrospectively based on *payer* perspective. The sample in this study was an outpatient type 2 DM patient at Sleman Hospital who used two antidiabetic combination therapies. Sampling using *total sampling technique* obtained as many as 47 patients. The cost-effectiveness of therapy is illustrated by ACER and ICER values.

**Results:** Based on this study, the most widely used therapy in outpatient type 2 DM patients at Sleman Hospital was the combination of antidiabetic Metformin + Glimepiride as many as 10 patients (21.27%). The smallest total direct medical cost is found in the combination of Metformin + Glimepiride of Rp 163,730. The lowest ACER value is found in the combination of Metformin + Glimepiride of IDR 1,819 and the lowest ICER value in the combination of Ryzodeg + Metformin of -IDR -4.840.

**Conclusion:** Antidiabetic combination therapy in outpatient type 2 DM patients at RSUD Sleman that is *cost effective* is the combination of Metformin + Glimepiride.

**Keywords:** DM type 2, Cost-effectiveness, Combination of two antidiabetics.

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