

HUBUNGAN TINGKAT KEPATUHAN PENGGUNAAN OBAT TERHADAP *OUTCOME* KLINIK PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS GAMPING 1 YOGYAKARTA

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INTISARI

Latar Belakang: Diabetes melitus (DM) merupakan suatu penyakit metabolik yang biasanya ditandai dengan hiperglikemia. Kepatuhan sangat penting terutama untuk pengobatan jangka panjang. Kepatuhan pasien rata-rata pada terapi jangka panjang penyakit kronis di negara maju hanya sebesar 50% sedangkan di negara berkembang bahkan jumlah tersebut lebih rendah. Kepatuhan pasien sangat diperlukan untuk mencapai keberhasilan terapi utamanya pada terapi penyakit DM.

Tujuan Penelitian: Untuk mengetahui gambaran karakteristik pasien, penggunaan obat antidiabetik, tingkat kepatuhan pasien dan hubungan tingkat kepatuhan terhadap *outcome* klinik pada pasien DM tipe 2 di Puskesmas Gamping 1 Yogyakarta.

Metode penelitian: *survey* pendekatan *cross-sectional* menggunakan teknik *accidental sampling*. Instrumen yang digunakan untuk menilai kepatuhan adalah kuesioner MMAS-8. Sampel penelitian ini melibatkan 90 orang pasien DM tipe 2 yang telah memenuhi kriteria inklusi. Analisis data dilakukan secara univariat untuk mendeskripsikan gambaran karakteristik pasien, tingkat kepatuhan pasien, serta analisis bivariat menggunakan uji *Chi-Square* untuk mengetahui hubungan antara tingkat kepatuhan terhadap *outcome* klinik pasien.

Hasil penelitian: Diperoleh hasil karakteristik usia yaitu ≤ 60 tahun sebanyak 53,3% dan > 60 tahun sebanyak 46,7%. Jenis kelamin laki-laki sebanyak 37,8% dan perempuan sebanyak 62,2%. Tingkat pendidikan SD sebanyak 45,6%, SMP dan SMA sebanyak 22,2%, diploma atau sarjana sebanyak 10,0%. Jenis pekerjaan kategori tidak bekerja sebanyak 52,2%, wiraswasta sebanyak 30,0%, ASN dan petani sebanyak 6,7%, lain-lain (supir, perangkat desa, asisten rumah tangga) sebanyak 4,4%. Lama menderita DM ≤ 1 tahun sebanyak 41,1% dan > 1 tahun sebanyak 58,9%. Jenis terapi yang menerima 1 jenis obat sebanyak 38,9% dan 2 jenis obat sebanyak 61,1%. Mayoritas tingkat kepatuhan adalah kepatuhan sedang sebanyak 46,7 %. Pada penelitian ini diperoleh hasil uji *Chi-Square* dengan $p=0,466$ ($p>0,05$).

Kesimpulan: Tidak terdapat hubungan yang bermakna antara tingkat kepatuhan dengan *outcome* klinik pada pasien DM tipe 2 di Puskesmas Gamping 1 Yogyakarta.

Kata kunci : Diabetes melitus, kepatuhan, *outcome* klinik, puskesmas

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RELATIONSHIP BETWEEN LEVEL OF ADHERENCE TO CLINICAL OUTCOMES IN TYPE 2 DIABETES MELLITUS PATIENTS AT HEALTH CENTER GAMPING 1 YOGYAKARTA

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ABSTRACT

Background: Diabetes mellitus (DM) is a metabolic disease which is usually characterized by hyperglycemia. Adherence is very important especially for long-term treatment. The average patient adherence to long-term chronic disease therapy in developed countries is only 50%, while in developing countries the number is even lower. Patient compliance is needed to achieve therapeutic success, especially in the treatment of DM.

Objectives: To describe the characteristics of patients, use of antidiabetic drugs, the level of patient compliance and the relationship between the level of adherence to clinical outcomes in type 2 DM patients at Gamping 1 Health Center Yogyakarta.

Method: cross-sectional approach survey using accidental sampling technique. The instrument used to assess compliance was the MMAS-8 questionnaire. The sample of this study involved 90 patients with type 2 diabetes who had met the inclusion criteria. Data analysis was carried out univariately to describe the description of patient characteristics, patient compliance level, and bivariate analysis using Chi-Square test to determine the relationship between the level of adherence to the patient's clinical outcome.

Result: The result of age characteristic is ≤ 60 years as much as 53.3% and > 60 years as much as 46.7%. Male sex as much as 37.8% and female as much as 62.2%. Elementary education level is 45.6%, junior and senior high school is 22.2%, diploma or undergraduate is 10.0%. The type of work in the unemployed category is 52.2%, self-employed is 30.0%, ASN and farmers are 6.7%, others (drivers, village officials, household assistants) 4.4%. The duration of suffering from DM ≤ 1 year was 41.1% and > 1 year was 58.9%. The type of therapy that received 1 type of drug was 38.9% and 2 types of medicine were 61.1%. The majority of the level of compliance is moderate compliance as much as 46.7%. In this study, the results of the Chi-Square test were obtained with $p = 0.466$ ($p > 0.05$).

Conclusion: there is no significant relationship between the level of adherence with clinical outcomes in type 2 DM patients at Gamping 1 Yogyakarta Health Center.

Keywords: Adherence, clinical outcome, diabetes mellitus, health center.

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