

EVALUASI RASIONALITAS PENGGUNAAN OBAT ANTIDIABETIK ORAL PADA PASIEN DIABETES MELITUS TIPE 2 DI RS NUR BANTUL HIDAYAH YOGYAKARTA

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INTISARI

Latar Belakang: Diabetes melitus (DM) ditandai dengan kondisi hiperglikemi yang disebabkan menurunnya produksi dan sensitifitas insulin. Penyakit DM memerlukan terapi pengobatan jangka panjang, sehingga membutuhkan terapi yang tepat. Ketidaktepatan terapi dapat memperburuk kondisi pasien dan memicu terjadinya komplikasi.

Tujuan Penelitian: Mengevaluasi rasionalitas penggunaan obat antidiabetik oral pada pasien rawat jalan DM tipe 2 di RS Nur Hidayah Bantul Yogyakarta.

Metode Penelitian: Penelitian *non-eksperimental* yang bersifat deskriptif dengan pendekatan secara *retrospektif*, menggunakan RM pasien DM tipe 2 rawat jalan periode Januari-Desember 2023. Rasionalitas penggunaan obat meliputi parameter tepat pasien, tepat indikasi, tepat obat, tepat dosis dan tepat frekuensi dengan menggunakan panduan *Medscape*, IONI 2017 dan Perkeni 2021. Data diambil dengan teknik *purposive sampling*, diperoleh jumlah sampel sebanyak 75 pasien yang memenuhi kriteria. Kemudian data dianalisis secara univariat serta disajikan dalam bentuk tabel dan presentase.

Hasil Penelitian: Hasil penelitian mayoritas berusia 45-65 tahun (58,7%) dan berjenis kelamin perempuan (60,0%), memiliki kadar gula darah tidak terkontrol (88,0%) dan memiliki penyakit penyerta dan atau komplikasi (81,3%). Jenis terapi antidiabetik yang banyak digunakan yaitu kombinasi antidiabetik (69,3%). Kombinasi antidiabetik oral yang banyak digunakan yaitu metformin dan glimepiride sebanyak (42,67%). Hasil analisis ketepatan penggunaan obat antidiabetik parameter tepat pasien, indikasi, dosis dan frekuensi (100%) sedangkan tepat obat (68,0%). Rasionalitas penggunaan obat antidiabetik oral sebanyak (68,0%) rasional.

Kesimpulan: Rasionalitas penggunaan obat antidiabetik oral pada pasien diabetes melitus tipe 2 sebesar (68,0%) di Rumah Sakit Nur Hidayah Bantul Yogyakarta

Kata Kunci: Antidiabetik; Diabetes melitus tipe 2; Rasionalitas

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EVALUATION OF THE RATIONALITY OF USE OF ORAL ANTIDIABETIC DRUGS IN TYPE 2 DIABETES MELLITUS PATIENTS AT NUR BANTUL HIDAYAH HOSPITAL YOGYAKARTA

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ABSTRACT

Background: Diabetes mellitus (DM) is characterized by a hyperglycemic condition caused by decreased insulin production and sensitivity. DM disease requires long-term medical therapy, so it requires appropriate therapy. Inaccuracy of therapy can worsen the patient's condition and trigger complications.

Objectives: Evaluating the rationality of using oral antidiabetic drugs in type 2 DM patients at Nur Hidayah Hospital Bantul Yogyakarta.

Method: A descriptive non-experimental study with a retrospective approach, using RM of outpatient type 2 DM patients for the period January-December 2023. The rationality of drug use includes appropriate patient parameters, appropriate indications, appropriate medication, appropriate dose and appropriate frequency using Medscape guidelines, IONI 2017 and Perkeni 2021. Data was taken using a purposive sampling technique, obtaining a sample size of 75 patients who met the criteria. Then the data was analyzed univariately and presented in table and percentage form.

Result: The research results showed that the majority were aged 45-65 years (58.7%) and were female (60.0%), had uncontrolled blood sugar levels (88.0%) and had comorbidities and/or complications (81.3%). The type of antidiabetic therapy that is widely used is a combination of antidiabetics (69.3%). The combination of oral antidiabetics that is widely used is metformin and glimepiride (42.67%). The results of the analysis of the appropriateness of antidiabetic drug use were patient parameters, indication, dose and frequency (100%) while the appropriate drug was (68.0%). The rationality for using oral antidiabetic drugs is (68.0%) rational.

Conclusion: The rationality of using oral antidiabetic drugs in patients with type 2 diabetes mellitus was (68.0%) at Nur Hidayah Hospital Bantul Yogyakarta.

Keywords: Antidiabetic; Diabetes mellitus type 2; Rationality

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