

ANALISIS HUBUNGAN INTERAKSI OBAT ANTIDIABETIK ORAL DENGAN LUARAN KLINIK PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS MLATI 1

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INTISARI

Latar belakang: Diabetes Melitus (DM) tipe 2 merupakan penyakit kronis progresif yang membutuhkan pengobatan jangka panjang, sering kali dengan kombinasi antidiabetik oral. Penggunaan kombinasi terapi berisiko menimbulkan interaksi obat, yang dapat mempengaruhi keberhasilan pengendalian glikemik, salah satunya kadar gula darah puasa. Fenomena ini relevan mengingat tingginya jumlah pasien DM tipe 2 yang menjalani terapi kombinasi di Puskesmas Mlati 1.

Tujuan: Mengetahui hubungan antara interaksi obat antidiabetik oral dengan ketercapaian luaran klinik berupa gula darah puasa pada pasien DM tipe 2 di Puskesmas Mlati 1.

Metode: Penelitian ini menggunakan desain observasional retrospektif dengan teknik *total sampling* pada 81 pasien DM tipe 2 instalasi rawat jalan. Data diperoleh dari rekam medis periode Januari-Desember 2024. Identifikasi interaksi obat dilakukan menggunakan *drugs.com*, sedangkan analisis statistik dilakukan secara univariat dan bivariat menggunakan uji *chi-square*

Hasil: Sebanyak 85,2% pasien mengalami interaksi obat dengan tingkat keparahan moderat yaitu 88,1% dan 54,3% pasien tidak mencapai target kadar gula darah puasa. Analisis menggunakan uji *chi-square* diperoleh hasil nilai $p=0,027$ ($p<0,05$).

Kesimpulan: Terdapat hubungan bermakna antara hubungan intraksi obat antidiabetik oral dengan luaran klinik pada pasie DM tipe 2 di Puskesmas Mlati 1

Kata Kunci: Diabetes Melitus Tipe 2, Gula Darah Puasa, Interaksi Obat

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ANALYSIS OF THE RELATIONSHIP BETWEEN ORAL ANTIDIABETIK DRUG INTERACTION AND CLINICAL OUTCOMES IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT THE MLATI 1 HEALTH CENTER

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ABSTRACT

Background: Type 2 diabetes mellitus (DM) is a progressive chronic disease that requires long-term treatment, often in combination with oral antidiabetics. The use of a combination of therapies risks causing drug interactions, which can affect the success of glycemic control, one of which is fasting blood sugar levels. This phenomenon is relevant considering the high number of type 2 DM patients undergoing combination therapy at the Mlati 1 Health Center.

Objective: To determine the relationship between the interaction of oral antidiabetic drugs and the achievement of clinical outcomes in the form of fasting blood sugar in type 2 DM patients at the Mlati 1 Health Center.

Methods: This study used a retrospective observational design with a *total sampling technique* in 81 patients with type 2 DM outpatient installation. Data was obtained from medical records for the January-December 2024 period. Identification of drug interactions was carried out using *drugs.com*, while statistical analysis was carried out univariate and bivariate using *chi-square tests*.

Results: A total of 85.2% of patients experienced drug interactions with moderate severity, namely 88.1% and 54.3% of patients did not reach the target fasting blood sugar level. The analysis using the *chi-square* test obtained the result of a value of $p=0.027$ ($p<0.05$).

Conclusion: There was a meaningful relationship between the relationship between oral antidiabetic drug interaction and clinical outcomes in type 2 DM patients at the Mlati 1 Health Center.

Keywords: Type 2 Diabetes Mellitus, Fasting Blood Glucose, Drug Interactions

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