

ABSTRACT

RELATIONSHIP BETWEEN THE RATIONALITY OF ORAL ANTIDIABETIC THERAPY AND HbA1c LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS OF THE PROLANIS PROGRAM AT SUKABUMI PUBLIC HEALTH CENTER BANDAR LAMPUNG

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Background: Type 2 diabetes mellitus is a chronic disease caused by impaired of insulin effectiveness. Increasing cases necessitate rational therapeutic management to achieve optimal blood sugar control. This management includes oral antidiabetic drugs (OADs) as first-line therapy in primary care settings. Therefore, a rational therapeutic approach requires correct diagnosis, indication, drug, dose, and administration interval to effectively control blood glucose levels. This study aims to determine the relationship between the rationality of oral antidiabetic therapy and HbA1c levels in type 2 diabetes mellitus patients enrolled in Prolanis.

Methods: This study is an observational analytical research with cross-sectional approach using secondary data from medical records. The sample included 67 patients diagnosed with Type 2 Diabetes Mellitus participating in Prolanis at Sukabumi Health Care selected using purposive sampling. Data analysis involved univariate and bivariate analysis using the Chi-Square test.

Results: The univariate analysis showed that most patients were female, the majority received monotherapy with biguanide medications, and a large proportion had uncontrolled HbA1c levels. The bivariate analysis using the Chi-Square test resulted in a p-value of 0.015 indicating a significant relationship between the rationality of oral antidiabetic therapy and HbA1c levels.

Conclusions: There is a relationship between the rationality of oral antidiabetic therapy and HbA1c levels in type 2 diabetes mellitus patients enrolled in Prolanis at Sukabumi Primary Health Center.

Keywords: HbA1c, Oral Antidiabetic Drugs, Prolanis, Therapeutic Rationalit

ABSTRAK

HUBUNGAN ANTARA RASIONALITAS TERAPI OBAT ANTIDIABETES ORAL DENGAN HbA1c PASIEN DIABETES MELITUS TIPE 2 PESERTA PROLANIS DI PUSKESMAS SUKABUMI BANDAR LAMPUNG

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Latar Belakang: Diabetes melitus tipe 2 merupakan penyakit kronis akibat ketidakefektifan kerja insulin tubuh. Dengan kasus yang terus meningkat maka membutuhkan pengelolaan terapi yang rasional untuk mencapai kontrol gula darah yang optimal termasuk obat antidiabetes oral sebagai terapi pertama di layanan primer. Oleh karena itu, diperlukan pemberian tata laksana yang rasional yaitu tepat diagnosis, tepat indikasi, tepat obat, tepat dosis, dan tepat interval waktu pemberian untuk mengendalikan gula darah. Penelitian ini bertujuan mengetahui hubungan antara rasionalitas terapi obat antidiabetes oral dengan nilai HbA1c pada pasien diabetes melitus tipe 2 peserta Prolanis.

Metode: Penelitian analisis observasional dengan pendekatan *cross sectional* menggunakan data sekunder dari rekam medis. Jumlah sampel 67 pasien dengan diagnosis diabetes melitus tipe 2 peserta prolanis di Puseksmas Sukabumi yang telah dipilih dengan teknik *purposive sampling*. Data dilakukan analisis univariat dan bivariat dengan *Chi-Square*.

Hasil: Hasil analisis univariat menunjukkan dominasi pasien jenis kelamin perempuan, mayoritas pengobatan monoterapi dengan golongan obat biguanid, serta HbA1c pasien banyak tidak terkontrol. Hasil analisis bivariat dengan uji *Chi-Square* didapatkan *p-value* sebesar 0,015 menunjukkan terdapat hubungan antara rasionalitas terapi obat antidiabetes oral dengan nilai HbA1c.

Kesimpulan: Terdapat hubungan antara rasionalitas terapi obat antidiabetes oral dengan HbA1c pasien diabetes melitus tipe 2 peserta prolanis di Puskesmas Sukabumi.

Kata Kunci: HbA1c, Antidiabetes Oral, Prolanis, Rasionalitas Terapi