

INTISARI

Diabetes mellitus seringkali disingkat dengan DM, merupakan salah satu kasus penyakit yang prevalensinya semakin meningkat, terutama di negara berkembang seperti Indonesia. Penyakit DM ditandai dengan adanya peningkatan kadar glukosa darah penderita dari normalnya, dimana kadar glukosa darah pada saat puasa ≥ 126 mg/dl dan kadar glukosa darah 2 JPP $\geq$ mg/dl.

Penelitian ini merupakan penelitian non eksperimental dengan rancangan deskriptif non analitik yang bersifat retrospektif. Penelitian dilakukan dengan tujuan untuk mengetahui pola penggunaan obat antidiabetika oral (ADO) dan interaksi obat pada penderita DM usia lanjut di instalasi rawat inap RS. Dr. Sardjito Yogyakarta Tahun 2003. Pola penggunaan obat yang diteliti meliputi golongan obat, jenis obat, jumlah obat, dan obat apa saja yang mengalami interaksi obat. Langkah penelitian dilakukan dalam 3 tahap, yaitu perencanaan, pengambilan data dan penyelesaian data. Bahan penelitian yang digunakan adalah lembar catatan rekam medik penderita DM usia lanjut di instalasi rawat inap RS Dr. Sarjito Yogyakarta. Data yang diambil adalah penderita DM usia 60 tahun ke atas.

Hasil penelitian menunjukkan bahwa terapi farmakologis paling banyak menggunakan kombinasi ADO dan insulin sebesar 29,27% dari 41 kasus yang ada. Terapi dengan insulin sebesar 26,83%, ADO sebesar 23,40% dan golongan lain sebesar 20,05%. Golongan dan jenis ADO yang paling banyak digunakan dari golongan sulfonilurea sebesar 50,02% dari 32 kasus yang ada. Dari golongan sulfonilurea yang paling banyak digunakan adalah glikazida (Diamicon, Glucodex, Diabeton) oleh 16 penderita. Golongan biguanid yang digunakan adalah jenis metformin (Glumin, Glukophage, Gludepatic, Tudiap, Metformin) sebesar 43,75%. Golongan glinid yang digunakan dari jenis repagline (Novonorm) sebesar 6,23%. Regimen dosis yang paling banyak digunakan untuk masing-masing obat tersebut, antara lain: (a) glikasida 80 mg dosis 80 mg/hari; (b) glibenklamid 5 mg dosis 10 mg/hari; (c) glimepiride 1 mg dosis 1mg/hari; (d) metformin 500 mg dosis 1000 mg/ hari; (e) metformin 500 mg dosis 1500 mg/hari.

Interaksi obat yang potensial terjadi antara ADO dengan insulin ada 27 kasus (52,25%), ADO dengan obat lain ada 12 kasus (25,00%), insulin dengan obat lain ada 9 kasus (18,75%), sedangkan jenis interaksi farmakokinetik ada 33 kasus (68,75%), farmakodinamik 15 kasus (31,25%).

Kata kunci : Antidiabetika Oral, Diabetes Mellitus.

ABSTRACT

Diabetes Mellitus (DM) is one of diseases of which its prevalence tends to increase especially in developing countries as Indonesia. Diabetes Mellitus is marked with the increase of blood glucose on fasting time is ≥ 120 mg/dl and concentration of blood glucose-2 hours post pandrial is ≥ 200 mg/dl.

This research was non-experimental with a retrospective non-analytical design. This study purposes to know the prescription pattern of the oral antidiabetic and drugs interaction on diabetes melitus patients of Dr. Sardjito Hospital Yogyakarta during period of 2003. The patterns are included the cover drugs category, drugs type, drug amount, how to drugs given and kind of drugs which interaction to diabetes melitus patients, and percentage of potencial drugs interaction.

There were three steps conducted in doing the research-planing, data collecting and data analyzing. Data collected were the name and medical record of the patients hospitalized in Dr. Sardjito Hospital Yogyakarta. The sample was the patients sufferings from DM at the age of 60 years and above.

The result of this research shows the kind of pharmacology therapies that were given to the patients. Out of 41 cases, most patients or 29.27% got combination of oral antidiabetic and insulin for their treatment. The patients receiving insulin therapy was 26.83%, and receiving oral antidiabetic 23.40%. The other patients or 20.05% received other types of pharmacology therapy.

In regard to the category and type of oral antidiabetic, the type commonly used was sulfonilurea, which was commonly used, Sixteen (16) patients received glicazida (Diamicron, Glucodex, Diabeton). In addition, the type of metformin (Glumin, Glukophage, Gludepatic, Tudiap, Metformin) which included in biguanid category was used as much as 43.75%. Repagline (Novonorm) from the glinid category was 6.23%. The dose written down on the precriptions were as follow: (a) glikasida (80 mg); (b) glibenclamid (5 mg), was given as 10 mg daily; (c) glimepiride (1 mg); (d) metformin (500 mg), was given as 1000 and 1500 mg daily

Potensial drugs interaction between oral antidiabetic agents and insulin are 27 cases (52.25%), oral antidiabetic agents and other medicines are 12 cases (25.00%), insulin and other medicines are 9 cases (18.75%). Farmakokinetic interactions 33 cases (68.75%) farmakodynamic 15 cases (31.25%).

Key Word : Oral Antidiabetic, Diabetes Mellitus.