

INTISARI

Diabetes Mellitus sering kali 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 pasien dari normalnya, dimana kadar glukosa darah pada saat puasa ≥ 126 mg/dl dan kadar glukosa darah 2 jam PP ≥ 200 mg/dl.

Penelitian ini merupakan penelitian non eksperimental dengan rancangan deskriptif non analitik yang bersifat retrospektif. Penelitian dilakukan dengan tujuan untuk mengetahui pola peresepan obat hipoglikemik oral (OHO) pada penderita usia lanjut di instalasi rawat inap RS. St. Antonio Baturaja periode tahun 2002. Pola penggunaan obat yang diteliti meliputi jumlah OHO yang digunakan, golongan dan jenis OHO yang dipakai, kesesuaian dosis OHO yang diberikan, dan rata-rata biaya obat perepisode pengobatan. Langkah penelitian dilakukan dalam 3 tahap, yaitu perencanaan, pengambilan data, dan penyelesaian data. Bahan penelitian yang digunakan adalah nama pasien dan lembar catatan rekam medik pasien DM usia lanjut di instalasi rawat inap RSA Baturaja. Data yang diambil adalah pasien DM usia 60 tahun ke atas.

Hasil penelitian menunjukkan bahwa terapi farmakologis untuk penderita DM usia lanjut di instalasi rawat inap RSA Baturaja paling banyak menggunakan OHO sebesar 61,32% dari 106 kasus yang ada. Terapi dengan insulin sebesar 9,43%, kombinasi OHO dengan insulin sebesar 10,37% dan golongan lain sebesar 18,86%. Golongan dan jenis OHO yang paling banyak digunakan dari golongan sulfonilurea sebesar 65,76% dari 111 kasus yang ada. Dari golongan Sulfonilurea yang paling banyak digunakan adalah jenis gliklazid (xepabet, linodiab, dan diamicon) oleh 67 orang dan jenis glibenklamid oleh 6 orang. Golongan biguanid yang digunakan adalah jenis metformin (gludepatik dan diabex) sebesar 18%. Golongan asam benzoat yang digunakan dari jenis repaglinid (novonorm) sebesar 5,4% dan glukosidase inhibitor jenis acarbose (glucobay) sebesar 10,8%. Distribusi regimen dosis yang sesuai digunakan oleh 41 pasien dan 28 pasien dengan dosis berlebih. Rata-rata biaya obat bagi setiap pasien dalam 1 periode pengobatan adalah Rp. 572.765,00.

Kata kunci : Obat Hipoglikemik Oral

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 concentration of its normal concentration. The concentration 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. The aim of this research is to find out the pattern of the prescription of oral hypoglycemic medicine to the geriatric patients at St. Antonio Hospital, Baturaja during period of 2002. The patterns are included the amount of the use of oral hypoglycemic, the categorie and types of oral hypoglycemic, the conformity dosage of oral hypoglycemic, and the average cost per medical treatment episode.

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 St. Antonio Hospital, Baturaja. 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 106 cases, most patients or 61.32% got oral hypoglycemic for their treatment. The patients receiving insulin therapy was 9.43%, and receiving the combination of oral hypoglycemic and insulin as their therapy was 10.37%. The other patients or 18.86% received other types of pharmakology therapy.

In regard to the category and type of oral hypoglycemic, the category and type commonly used was Sulfonilurea that was 65.76% out of 111 cases detected. The type of Sulfonilurea, which was commonly used, was gliclazida (xepabet, linodiab, and diamicon). Sixty-seven (67) patients received gliclazida, and 6 patients got glibenclamide (daonil) for their treatment. In addition, the type of metformin (gludepatik and diabex) which included in biguanid category was used as much as 18%. Repaglinid (novonorm) from the benzoic acid category was 5.4% acarbose (glucobay) of glukosidase inhibitor was 10.8%.

The appropriate dose was given to 41 patient, and 28 patient received over dosage. The average for each patient per medical treatment episode was Rp 572.765,00.

Keywords : Oral Hypoglycemic