

ABSTRAK

Diabetes Melitus (DM) merupakan kelompok penyakit metabolik yang ditandai dengan hiperglikemia, yang terjadi akibat gangguan dalam sekresi insulin. Daerah Istimewa Yogyakarta memiliki prevalensi DM (2,4%) lebih tinggi dari rata rata nasional (1,5%). DM tipe 2 berhubungan serta dengan terjadinya penyakit Atherosclerotic Cardiovascular Disease (ASCVD) jangka panjang yang menjadi penyebab utama kematian pada pasien DM tipe 2. American Diabetes Association merekomendasikan kadar HbA1c pada pasien DM Tipe 2 yaitu 60 tahun, dengan terapi OHO, kadar HbA1c dan GDP tidak terkontrol. Ketepatan terapi OHO terhadap HbA1c tidak berpengaruh signifikan (OR 0,111; 95% CI 0,012-1.032; $p=0,050$) dan ketepatan terapi OHO terhadap GDP berpengaruh signifikan (OR 0,125; 95% CI 0,023-0,692; $p=0,010$). Disimpulkan bahwa ketepatan terapi OHO tidak berpengaruh signifikan terhadap HbA1c, namun berpengaruh signifikan terhadap GDP pada pasien DM tipe 2 dengan ASCVD di faskes tingkat III Provinsi DIY.

Kata Kunci: Diabetes Melitus Tipe 2, ASCVD, HbA1c dan GDP, OHO, Ketepatan Terapi.

ABSTRACT

Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia, which occurs due to disorders in insulin secretion. The Special Region of Yogyakarta has a DM prevalence (2.4%) higher than the national average (1.5%). Type 2 DM is also associated with the occurrence of Atherosclerotic Cardiovascular Disease (ASCVD) in the long term, which is the leading cause of death in patients with Type 2 DM. The American Diabetes Association recommends that the HbA1c level in patients with Type 2 DM should be 60 years, receiving OHA therapy, and having uncontrolled HbA1c and Fasting Blood Glucose (FBG) levels. The appropriateness of OHA therapy on HbA1c had no significant effect (OR 0.111; 95% CI 0.012–1.032; $p=0.050$) and the appropriateness of OHA therapy on Fasting Blood Glucose (FBG) had a significant effect (OR 0.125; 95% CI 0.023–0.692; $p=0.010$). It is concluded that the appropriateness of OHA therapy had no significant effect on HbA1c, but had a significant effect on FBG in patients with Type 2 DM and ASCVD in tertiary healthcare facilities in the Special Region of Yogyakarta

Keywords: Diabetes Mellitus Type 2, ASCVD, HbA1c and FBG, OHO, Accuracy of Therapy.