

ABSTRAK

Latar belakang: Diabetes melitus (DM) merupakan penyakit kronis yang sering disertai komplikasi mikrovaskular berupa neuropati diabetik. Neuropati diabetik menimbulkan nyeri kronis yang dapat mengganggu aktivitas. Keberhasilan terapi dapat dipengaruhi oleh jenis obat, kepatuhan pasien, dan rasionalitas penggunaan obat.

Tujuan: Mengetahui tingkat kepatuhan dan rasionalitas penggunaan obat antineuropati, serta hubungan antara rasionalitas penggunaan obat antineuropati dan tingkat kepatuhan dengan *outcome* klinis pasien DMT2 komplikasi neuropati.

Metode: Penelitian kuantitatif dengan rancangan deskriptif analitik dengan desain *cross sectional*. Sampel penelitian adalah pasien DMT2 neuropati yang menggunakan obat antineuropati di RSD K.R.M.T Wongsonegoro Semarang pada Oktober – Desember 2025. Sampel diambil dengan teknik *purposive sampling*. Kepatuhan diukur menggunakan kuesioner MARS-5, *outcome* klinis menggunakan skala NRS, dan rasionalitas obat berdasarkan rekam medis.

Hasil: Seluruh penggunaan obat antineuropati dinilai rasional (100%). Sebanyak 34 pasien (37,78%) memiliki kepatuhan tinggi dan 56 pasien (62,22%) kepatuhan rendah. Hubungan rasionalitas dengan *outcome* klinis tidak dapat dianalisis. Terdapat hubungan bermakna antara kepatuhan pasien dengan *outcome* klinis ($p < 0,001$).

Kesimpulan: Penggunaan obat antineuropati telah rasional. Tingkat kepatuhan pasien didominasi oleh kepatuhan rendah. Hubungan rasionalitas penggunaan obat dengan *outcome* klinis tidak dapat dianalisis, sedangkan kepatuhan pasien memiliki hubungan dengan *outcome* klinis pada pasien neuropati diabetik.

Kata kunci: *Neuropati diabetik, rasionalitas, kepatuhan, outcome klinis.*

ABSTRACT

Background: *Diabetes mellitus (DM) is a chronic disease that is often accompanied by microvascular complications in the form of diabetic neuropathy. Diabetic neuropathy causes chronic pain that can interfere with activities. The success of therapy can be influenced by the type of medication, patient compliance, and rationality of medication use.*

Objective: *To determine the level of adherence and rationality of antineuropathic drug use, as well as the relationship between the rationality of antineuropathic drug use and the level of adherence with the clinical outcomes of patients with DMT2 complications of neuropathy.*

Methods: *Quantitative research with a descriptive analytical design using a cross-sectional design. The study sample consisted of DMT2 neuropathy patients using antineuropathic drugs at K.R.M.T Wongsonegoro General Hospital in Semarang from October to December 2025. The sample was selected using purposive sampling. Adherence was measured using the MARS-5 questionnaire, clinical outcomes using the NRS scale, and drug rationality based on medical records.*

Results: *All use of antineuropathic drugs was considered rational (100%). A total of 34 patients (37.78%) had high adherence and 56 patients (62.22%) had low adherence. The relationship between rationality and clinical outcome could not be analyzed. There was a significant relationship between patient adherence and clinical outcome ($p < 0.001$).*

Conclusion: *The use of antineuropathic drugs was rational. Patient adherence was predominantly low. The relationship between the rationality of drug use and clinical outcomes could not be analyzed, whereas patient adherence was associated with clinical outcomes in patients with diabetic neuropathy.*

Keywords: *Diabetic neuropathy, rationality, adherence, clinical outcomes*