

ABSTRAK

Latar Belakang: Diabetes melitus (DM) tipe 2 merupakan suatu keadaan tubuh tidak mampu menghasilkan hormon insulin secara optimal. Kota Semarang menempati urutan ke-3 se-Jawa Tengah dengan kasus terbanyak berada di Puskesmas Tlogosari Wetan, Kelurahan Tlogosari Kulon sebesar 3.589 jiwa. Salah satu terapi DM tipe 2 yakni penggunaan obat Antidiabetika Oral (ADO) yang harus rasional. Pemerintah juga membentuk Program Pengelolaan Penyakit Kronis (Prolanis) melalui BPJS untuk menangani penyakit ini.

Tujuan: Mengetahui hubungan antara rasionalitas pengobatan dengan capaian target terapi pasien diabetes mellitus tipe 2 yang mengikuti prolanis di Puskesmas Kelurahan Tlogosari Kulon, Kota Semarang.

Metode: Penelitian observasional analitik menggunakan data retrospektif dengan pendekatan *cross sectional*. Sampel berjumlah 72 orang pasien DM tipe 2 dan dipilih melalui teknik *purposive sampling*. Data penelitian dianalisis secara univariat dan bivariat.

Hasil: Rasionalitas Terapi ADO pasien DM tipe 2 Prolanis di Puskesmas Kelurahan Tlogosari Kulon 80,56% rasional dan 19,44% tidak rasional. Sedangkan capaian target terapi menunjukkan hasil 76,38% terkontrol dan 23,62% tidak terkontrol. Terdapat hubungan rasionalitas terapi pengobatan terhadap capaian target terapi pasien DM tipe 2 yang mengikuti Prolanis ($p < 0,001$).

Kesimpulan: Terapi Pengobatan ADO dan capaian target terapi pasien DM tipe 2 di Puskesmas Kelurahan Tlogosari Kulon mayoritas rasional dan terkontrol. Terdapat hubungan rasionalitas terapi pengobatan terhadap capaian target terapi.

Kata Kunci: *Diabetes melitus tipe 2, rasionalitas terapi, capaian target terapi, prolanis*

ABSTRACT

Background: Diabetic type 2 is a condition in which the body is unable to produce insulin optimally. Semarang gets the third rank in Central Java for the highest number of cases which the largest number recorded is at the Tlogosari Wetan Community Health Center, while at Tlogosari Kulon, reaching 3,589 cases. One of the therapeutic approaches for Diabetic type 2 is the use of Antidiabetic Oral (ADO), which must be prescribed rationally.

Objective: To determine the association between the rationality of pharmacological therapy and the achievement of therapeutic targets among Diabetic type 2 patients participating in the Prolanis program at the Tlogosari Kulon Community Health Center.

Method: an analytic observational design using retrospective data with a cross-sectional approach. The sample consisted of 72 participants selected through a purposive sampling.

Results: The rationality of ADO therapy among Diabetic type 2 patients at the Tlogosari Kulon Community Health Center showed that 80.56% of the treatments were rational, while 19.44% were irrational. Meanwhile, the achievement of therapeutic targets indicated that 76.38% of patients were controlled and 23.62% were uncontrolled. A significant association was found between the rationality of pharmacological therapy and the attainment of therapeutic targets ($p < 0.001$).

Conclusion: The antidiabetic oral (ADO) therapy and the achievement of therapeutic targets among Diabetic type 2 patients at the Tlogosari Kulon Community Health Center were predominantly rational (80,55%) and well-controlled (76,38%). Furthermore, there was a significant relationship between the rationality of pharmacological therapy and the attainment of therapeutic targets.

Keywords: Diabetic type 2, prescribed rationally, therapeutic targets, Prolanis