



INTISARI

Latar Belakang: Ulkus pada kaki diabetik adalah komplikasi utama diabetes yang menyebabkan peningkatan morbiditas dan mortalitas serta kualitas hidup yang kurang baik. Meskipun banyak penelitian tentang faktor risiko kejadian ulkus diabetik, hanya sedikit yang menggunakan desain *case control* dengan matching usia. Pengetahuan tentang hal tersebut penting diketahui untuk meningkatkan kewaspadaan deteksi dini dan pencegahan ulkus diabetik,

Tujuan Penelitian: Menentukan prevalensi dan faktor risiko kejadian ulkus diabetik pada penyandang DM tipe 2 di RSUP DR. Sardjito Yogyakarta

Metode: Penelitian kuantitatif *case control* menggunakan pendekatan retrospektif dengan mengidentifikasi kelompok yang terkena efek (kasus) dan tidak terkena efek (kontrol) dengan mematchingkan usia. Data menggunakan rekam medis pada Januari 2023 sampai dengan Desember 2023. Sampel yang digunakan adalah 196 pasien DM tipe 2 yang terdiri dari 98 pasien ulkus diabetik dan 98 pasien tanpa ulkus diabetik di Poli Endokrin RSUP DR. Sardjito. Data dianalisis menggunakan analisis univariat, bivariat *matched odds ratio* dan multivariat *conditional logistic regression*.

Hasil: Prevalensi kejadian ulkus diabetik pada penyandang DM tipe 2 di Poli Endokrin RSUP DR. Sardjito yaitu sebesar 23%. Faktor risiko lama menderita DM, hipertensi, kontrol gula darah, neuropati, dan PAD didapatkan nilai $OR > 1$. Faktor risiko lama menderita DM, neuropati DM, riwayat hipertensi, dan PAD memiliki nilai *p-value* $< 0,05$.

Kesimpulan: Prevalensi faktor risiko ulkus diabetik pada penyandang DM tipe 2 di Poli Endokrin RSUP DR. Sardjito cukup tinggi. Faktor risiko lama menderita DM, hipertensi, kontrol gula darah, neuropati, dan PAD menunjukkan adanya peningkatan risiko. Faktor risiko lama menderita DM, neuropati DM, riwayat hipertensi, dan PAD secara signifikan berpengaruh terhadap kejadian ulkus diabetik pada penyandang DM tipe 2.

Kata kunci: faktor risiko, ulkus diabetik, pasien diabetes tipe 2



ABSTRACT

Background: Diabetic foot ulcers are a major complication of diabetes that cause increased morbidity and mortality and poor quality of life. Although there are many studies on risk factors for diabetic ulcers, only a few use a case-control design with age matching. Knowledge about this is important to increase awareness of early detection and prevention of diabetic ulcers.

Research Objective: To determine the prevalence and risk factors for diabetic ulcers in people with type 2 DM at RSUP DR. Sardjito Yogyakarta

Method: Quantitative case control study using a retrospective approach by identifying groups affected (cases) and not affected (controls) by matching age. Data using medical records from January 2023 to December 2023. The sample used was 196 type 2 DM patients consisting of 98 diabetic ulcer patients and 98 patients without diabetic ulcers at the Endocrine Polyclinic of Dr. Sardjito Hospital. Data were analyzed using univariate and bivariate matched odds ratio analysis.

Results: The prevalence of diabetic ulcers in people with type 2 DM in the Endocrine Clinic of Dr. Sardjito Hospital is 23%. The risk factors for long suffering from DM, hypertension, blood sugar control, neuropathy, and PAD have an OR value > 1 . The risk factors for long suffering from DM, DM neuropathy, history of hypertension, and PAD have a p-value < 0.05 .

Conclusion: The prevalence of risk factors for diabetic ulcers in people with type 2 DM at the Endocrine Clinic of Dr. Sardjito Hospital is quite high. Risk factors for duration of DM, hypertension, blood sugar control, neuropathy, and PAD showed an increased risk. The risk factors of duration of DM, DM neuropathy, history of hypertension, and PAD significantly affect the incidence of diabetic ulcers in people with type 2 DM.

Keywords: risk factors, diabetic ulcers, type 2 diabetes patients