

INTISARI

Diabetes melitus tipe 2 merupakan penyakit kronis dengan kompleksitas terapi yang tinggi sehingga berpotensi menimbulkan *Drug Related Problems* (DRPs). Peran apoteker di layanan primer, khususnya puskesmas, menjadi penting dalam mengidentifikasi serta menanggulangi DRPs guna mengoptimalkan keberhasilan terapi pasien. Namun, eksplorasi mendalam terkait temuan DRPs dan strategi penanganannya oleh apoteker di puskesmas masih terbatas, khususnya melalui pendekatan kualitatif di Indonesia. Penelitian ini bertujuan untuk mengeksplorasi temuan apoteker terkait DRPs pada pasien diabetes melitus tipe 2 serta menggali strategi, hambatan, dan peluang penanganannya di puskesmas.

Pada penelitian ini digunakan desain *mixed method* dengan pendekatan kuantitatif deskriptif melalui kuesioner berbasis *Google Form*. Selanjutnya, pendekatan kualitatif dilakukan melalui wawancara mendalam menggunakan instrumen pedoman wawancara terstruktur. Data kuantitatif dianalisis secara deskriptif untuk menggambarkan frekuensi temuan DRPs, sedangkan data kualitatif dianalisis menggunakan metode analisis tematik. Partisipan dipilih dengan teknik *purposive sampling* yang melibatkan sebanyak 13 apoteker yang bertugas di 13 puskesmas di Daerah Istimewa Yogyakarta. Pengambilan data dilakukan pada rentang waktu Januari – Februari 2026.

Hasil penelitian menunjukkan bahwa apoteker menemukan berbagai jenis DRPs pada pasien diabetes melitus tipe 2, terutama ketidakpatuhan pasien, reaksi obat tidak diinginkan, serta ketidaktepatan dosis atau regimen terapi. Strategi penanganan yang dilakukan meliputi skrining resep dan data klinis, edukasi dan konseling pasien, serta komunikasi dan kolaborasi dengan tenaga kesehatan lain. Optimalisasi peran apoteker masih menghadapi hambatan seperti keterbatasan sumber daya manusia, beban kerja yang tinggi, dan keterbatasan waktu pelayanan. Namun demikian, terdapat peluang dalam penguatan peran apoteker melalui peningkatan kolaborasi interprofesional, dukungan institusi, serta pengembangan kompetensi klinis yang diharapkan mampu meningkatkan efektivitas deteksi dan penanggulangan DRPs. Temuan ini menegaskan pentingnya penguatan peran apoteker di layanan primer guna meningkatkan luaran terapi pasien diabetes melitus tipe 2.

Kata kunci: *Drug Related Problems*, Apoteker, Diabetes melitus tipe 2, Puskesmas

ABSTRACT

Type 2 diabetes mellitus is a chronic disease with complex therapeutic regimens that may lead to Drug Related Problems (DRPs). Pharmacists in primary care settings, particularly at community health centers (puskesmas), play a crucial role in identifying and resolving DRPs to optimize therapeutic outcomes. However, in-depth exploration of pharmacists' findings on DRPs and their management strategies in primary care remains limited, especially using qualitative approaches in Indonesia. This study aimed to explore pharmacists' findings related to DRPs in patients with type 2 diabetes mellitus, as well as to investigate the strategies, barriers, and opportunities for their management in primary healthcare centers.

This study employed a mixed-method design with a descriptive quantitative approach conducted through a Google Form-based questionnaire. Subsequently, the qualitative approach was carried out through in-depth interviews using a structured interview guide as the instrument. Quantitative data were analyzed descriptively to describe the frequency of drug-related problems (DRPs), while qualitative data were analyzed using thematic analysis. Participants were selected using purposive sampling, involving 13 pharmacists working in 13 primary healthcare centers in the Special Region of Yogyakarta. Data collection was conducted from January to February 2026.

The results showed that pharmacists identified various types of DRPs in patients with type 2 diabetes mellitus, predominantly patient non-adherence, potential drug interactions, and inappropriate dosing or therapeutic regimens. Strategies to address DRPs included prescription and clinical data screening, patient education and counseling, and communication and collaboration with other healthcare professionals. Nevertheless, optimization of pharmacists' roles was hindered by limited human resources, high workload, and time constraints. Opportunities were identified through strengthening interprofessional collaboration, institutional support, and enhancement of clinical competencies. These findings highlight the importance of reinforcing pharmacists' roles in primary care to improve therapeutic outcomes in patients with type 2 diabetes mellitus.

Keywords: Drug Related Problems, Pharmacist, Type 2 diabetes mellitus, Community health center