

## KEPATUHAN PENGOBATAN PESERTA PROLANIS DIABETES MELITUS TIPE 2 DI PUSKESMAS DEPOK, SLEMAN, YOGYAKARTA

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### ABSTRAK

**Pendahuluan :** Kepatuhan minum obat adalah salah satu hal penting dalam pengobatan diabetes melitus (DM) dan diketahui bahwa kepatuhan pengobatan pada penyandang DM tipe 2 berada pada tingkat kepatuhan yang rendah. Pada pelaksanaan Prolanis, belum ada data kepatuhan minum obat penyandang yang menjadi peserta, sehingga kepatuhan pengobatan penyandang peserta Prolanis tidak diketahui secara pasti.

**Tujuan :** Mengetahui kepatuhan pengobatan peserta Prolanis DM tipe 2 di Puskesmas Depok, Sleman, Yogyakarta.

**Metode :** Penelitian ini merupakan penelitian deskriptif dengan rancangan penelitian *cross sectional*. Penelitian dilakukan di Puskesmas Depok pada Agustus-Oktober 2018. Responden penelitian berjumlah 85 orang, diambil dengan metode *total sampling*. Instrumen MAT OAD dan insulin digunakan untuk menilai kepatuhan pengobatan responden. Analisa data penelitian menggunakan analisa deskriptif, ditampilkan dalam bentuk frekuensi, persentase, *mean*, dan standar deviasi.

**Hasil :** Sebanyak 65,4% responden patuh menjalani pengobatan OAD, 60% responden patuh menjalani pengobatan insulin, dan 50% responden patuh menjalani pengobatan kombinasi OAD-insulin. Rerata skor kepatuhan yang diperoleh pada masing-masing jenis pengobatan yaitu OAD ( $5,53 \pm 0,50$ ), insulin ( $5,34 \pm 0,42$ ), dan OAD-insulin (OAD =  $4,65 \pm 0,91$ , insulin =  $5,29 \pm 0,60$ ). Persentase tertinggi kepatuhan konsumsi OAD, insulin, dan OAD-insulin berada pada kelompok berjenis kelamin perempuan, menikah, berpendidikan di bawah diploma/ sarjana, berpenghasilan < Rp 2 juta, durasi DM  $\geq 5$  tahun, tidak bekerja, durasi pengobatan > 2 tahun dan mengikuti Prolanis  $\leq 12$  bulan.

**Kesimpulan :** Mayoritas peserta Prolanis DM tipe 2 di Puskesmas Depok patuh menjalani pengobatan OAD, insulin, dan kombinasi OAD-insulin.

**Kata Kunci :** Insulin, Kepatuhan pengobatan, Prolanis, OAD

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## MEDICATION ADHERENCE OF DIABETES MELLITUS TYPE 2 PROLANIS PARTICIPANTS IN PUSKESMAS DEPOK, SLEMAN, YOGYAKARTA

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### ABSTRACT

**Introduction :** Adherence to medication is one of the important things in the diabetes mellitus (DM) medication and it is known that the entirety of medication's adherence level on DM type 2 patients is low. It is not clearly explained in the Prolanis implementation about the level of participants' adherence on medication, so that the level of adherence of the Prolanis DM participants are not definitely known.

**Objective :** This study aimed to measure adherence among Prolanis DM participants in Puskesmas Depok, Sleman, Yogyakarta.

**Methods :** This was a cross-sectional descriptive study conducted in Puskesmas Depok from August-October 2018. A total of 85 respondents who met the inclusion criteria were recruited. Samples were taken using total sampling technique. Medication Adherence to Treatment (MAT) instrument for oral antidiabetic (OAD) and insulin were used to measure adherence among respondents. The data was analyzed using descriptive analysis.

**Results :** A number of 65,4% respondents were adhere to the OAD medication, 60% respondents were adhere to the insulin medication, and 50% respondents were adhere to the OAD-insulin medication. The average score on each medication were  $5,53 \pm 0,50$  for OAD,  $5,34 \pm 0,42$  for insulin, and  $4,65 \pm 0,91$ , insulin =  $5,29 \pm 0,60$  for combination therapy. High percentage of adherence among OAD, insulin, and OAD-insulin medication were on female group, married, education under diploma/ undergraduate, income < Rp 2 million/ month, DM duration  $\geq 5$  years, unemployed, medication duration > 2 years, and Prolanis duration  $\leq 12$  month.

**Conclusions :** Prolanis DM participants in Puskesmas Depok are known to be adherence on their medication treatment.

**Keywords :** Insulin, Medication adherence, Prolanis, OAD

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