

INTISARI

Latar Belakang: Pengendalian diabetes buruk dapat memicu komplikasi dan meningkatkan tingkat risiko kardiovaskular. Perlu dilakukan pemantauan pengendalian diabetes dan pengukuran tingkat risiko kardiovaskular dengan instrumen *WHO/ISH Risk Prediction Chart* untuk pengendalian pada penyandang diabetes tipe 2.

Tujuan Penelitian: Mengetahui hubungan pengendalian diabetes dan tingkat risiko kardiovaskular pada penyandang diabetes tipe 2 di RSUP Dr. Sardjito.

Metode: Penelitian ini merupakan penelitian kuantitatif rancangan *cross-sectional study* dengan 107 responden. Data diambil dengan melihat data rekam medik, data demografi, dan pengecekan glukosa darah sewaktu serta kolesterol total kepada responden. Analisis data menggunakan uji korelasi Gamma untuk mengetahui arah dan hubungan pengendalian diabetes dan tingkat risiko kardiovaskular.

Hasil: Hasil dari penelitian adalah penyandang diabetes tipe 2 di RSUP Dr. Sardjito mayoritas memiliki tingkat risiko kardiovaskular rendah, sepertiga lebih responden memiliki pengendalian glukosa darah baik, tekanan darah sistolik paling banyak pada tingkatan buruk, pengendalian tekanan darah diastolik mayoritas baik, dan hampir separuh responden memiliki pengendalian profil lipid baik. Terdapat hubungan bermakna antara pengendalian tekanan darah sistolik ($r = 0,695$; $p = 0,000$), tekanan darah diastolik ($r = 0,526$; $p = 0,006$), profil lipid ($r = 0,748$; $p = 0,000$) dengan tingkat risiko kardiovaskular. Tidak terdapat hubungan bermakna antara pengendalian glukosa darah dan tingkat risiko kardiovaskular ($p = 0,429$).

Kesimpulan: Terdapat hubungan bermakna antara pengendalian tekanan darah sistolik, diastolik, profil lipid dan tingkat risiko kardiovaskular. Tidak terdapat hubungan bermakna antara pengendalian glukosa darah dan tingkat risiko kardiovaskular.

Kata kunci: Diabetes Tipe 2, Pengendalian Diabetes, Tingkat Risiko Kardiovaskular, *WHO/ISH Risk Prediction Charts*

ABSTRACT

Background: Poor diabetes control can lead to complications and increase the level of cardiovascular risk on people with type 2 diabetes. It is necessary to monitor diabetes control and measure the level of cardiovascular risk with the WHO / ISH Risk Prediction Charts instrument to control patients with type 2 diabetes.

Objective: To identify the relationship between diabetes control and the level of cardiovascular risk on people with type 2 diabetes at RSUP Dr. Sardjito.

Methods: This research was a quantitative study with a cross-sectional study design, involving 107 respondents. Data collected from medical records, demographic data, level of blood glucose, and level of cholesterol of the respondents. The Gamma correlation test was used for data analysis to determine the direction and relation of diabetes control and level of cardiovascular risk.

Results: The results of this study noted that the majority of people with type 2 diabetes at RSUP Dr.Sardjito had a low level of cardiovascular risk, more than one-third of respondents had good blood glucose control, systolic blood pressure of the respondents were mostly bad, blood pressure control diastolic of the majority of the patients were good, and almost half of respondents had good lipid profile control. There was a significant relationships between diabetes control aspects of systolic blood pressure ($r = 0,695$; $p = 0,000$), diastolic blood pressure ($r = 0,526$; $p = 0,006$), lipid profile ($r = 0,748$; $p = 0,000$) with the level of cardiovascular risk. There was no significant relationship between blood glucose control and cardiovascular risk level ($p = 0.429$).

Conclusion: There is a significant relationship between level of cardiovascular risk with controlling systolic blood pressure, diastolic blood pressure, & lipid profile of the respondent. There is no significant relationship between blood glucose control and level of cardiovascular risk.

Keywords: Cardiovascular Risk Level, Diabetes Control, Type 2 Diabetes WHO / ISH Risk Prediction Charts