

ABSTRAK

Pendahuluan: Stroke merupakan penyebab kecacatan nomor satu dan penyebab kematian nomor dua di dunia. Saat ini serangan stroke lebih banyak dipicu oleh adanya *the silent killer* seperti diabetes melitus (DM). Penderita DM tipe 2 berisiko 2-3 kali mengalami stroke iskemik. Penelitian ini bertujuan untuk mengetahui hubungan terjadinya stroke iskemik akut dengan lama menderita DM tipe 2 di RSUD dr. Soediran Mangun Sumarso Kabupaten Wonogiri tahun 2017.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan desain *case control*, perbandingan kasus dan kontrol 1:1. Kasus adalah pasien yang telah didiagnosis oleh dokter menderita penyakit stroke iskemik akut pertama kali yang mempunyai riwayat DM tipe 2. Kontrol adalah pasien yang telah didiagnosis bukan stroke oleh dokter dan mempunyai riwayat DM tipe 2, dirawat di RSUD dr. Soediran Mangun Soemarmo Kabupaten Wonogiri. Sampel diambil secara *purposive sampling*. Uji *chi square* dan *multiple logistic regression* digunakan untuk mengetahui hubungan dan *Odds Ratio (OR)* variabel yang diuji.

Hasil: Sebanyak 85 kasus dan 85 kontrol diikutsertakan pada penelitian ini. Responden terdiri dari 58,82% perempuan dan 41,18% laki-laki dengan rerata umur $\pm 62,6$ tahun. Lama menderita DM tipe 2 dengan rentang ≥ 5 tahun terbukti sebagai faktor risiko kuat untuk terjadinya stroke iskemik akut ($OR = 2,74$; $95\%CI = 1,259-5,979$; $p = 0,011$). Selain itu terdapat 4 variabel lain yang signifikan pada analisis multivariat yaitu riwayat stroke keluarga ($OR = 3,81$; $95\%CI = 1,777-8,187$; $p = 0,001$), riwayat hipertensi ($OR = 2,92$; $95\%CI = 1,246-6,845$; $p = 0,014$), aktifitas fisik ($OR = 3,89$; $95\%CI = 1,832-8,256$; $p = 0,000$), dan tekanan darah diastolik ($OR = 2,77$; $95\%CI = 1,255-6,137$; $p = 0,012$).

Kesimpulan: Terdapat hubungan antara terjadinya stroke iskemik akut dengan lama menderita DM tipe 2 di RSUD dr Soediran Mangun Sumarso Kabupaten Wonogiri Tahun 2017. Deteksi dini faktor risiko PTM sangat penting diterapkan di masyarakat untuk meminimalkan penyakit komplikasi. Diperlukan manajemen jangka panjang dan komprehensif terhadap pasien DM tipe 2.

Kata Kunci: *The Silent Killer*, DM tipe 2, Lama Menderita DM tipe 2, Stroke Iskemik Akut

ABSTRACT

Introduction: Stroke is the number one cause of disability and the second leading cause of death in the world. Nowadays, stroke attacks are more triggered by a silent killer like Diabetes Mellitus (DM). Diabetes Mellitus type 2 was 2-3 times riskier to have an ischemic stroke. This study was to determine the relationship between acute ischemic stroke with duration of diabetes type 2 in dr. Soediran Mangun Sumarso Wonogiri district in 2017.

Method: This was an observational analytic study with case control design, with ratio 1:1. Cases were patients who had been diagnosed of acute ischemic stroke by doctor and had history of diabetes type 2. Controls were patients who had never been diagnosed of stroke by doctor and had a history of diabetes type 2, treated in hospitals dr. Soediran Mangun Soemarso Wonogiri district. Samples were taken by purposive sampling. Chi square test and multiple logistic regression were used to determine the relationship and odds ratio (OR).

Results: A total of 85 cases and 85 controls were included in the study. Respondents consisted of 58.82% women and 41.18% men with a mean age of \pm 62,6 years. Duration of diabetes type 2 \geq 5 years proved to be a strong risk factor for acute ischemic stroke (OR = 2.74; 95% CI = 1,259-5,979; p = 0.011). In addition there were 4 other significant variables in the multivariate analysis such as family history of stroke (OR=3,81; 95%CI=1,777-8,187; p=0,001), history of hypertension (OR=2,92; 95%CI=1,246-6,845; p=0,014), physical activity (OR=3,89; 95%CI=1,832-8,256; p=0,000), dan diastolic blood pressure (OR= 2,77; 95%CI=1,255-6,137; p=0,012).

Conclusion: There is an association between the occurrence of acute ischemic stroke with duration of diabetes type 2 in dr Soediran Mangun Sumarso Hospital Wonogiri District 2017. Early detection of non communicable disease risk factors is very important to be applied in the community to minimize the illness of complications. Long-term and comprehensive management for diabetes type 2 patients is required.

Keywords: The Silent Killer, Diabetes Mellitus Type 2, Duration of Diabetes Type 2, Acute Ischemic Stroke