

## INTISARI

Diabetes melitus tipe 2 (DM tipe 2) merupakan penyakit kronis yang memerlukan terapi jangka panjang yang komprehensif. Salah satu bentuk pelayanan tersebut adalah *home pharmacy care* pada fasilitas kesehatan tingkat pertama. Penelitian melihat pengaruh pemberian *home pharmacy care* terhadap tingkat kepatuhan, kadar glukosa darah, dan kualitas hidup pasien DM Tipe 2.

Penelitian termasuk kuasi eksperimental yang dilakukan di Puskesmas Srandakan, Bantul pada periode waktu Maret hingga Juni 2015 dengan metode *pretest-posttest design with control group*. Responden merupakan pasien DM tipe 2 tanpa penyakit penyerta di Puskesmas Srandakan Bantul pada periode Maret 2015 dengan jumlah 28 orang dan dibagi menjadi kelompok kontrol dan kelompok perlakuan masing-masing kelompok 14 orang. Pemberian *home pharmacy care* dilakukan oleh peneliti dalam bentuk konseling di rumah pasien dengan durasi rata-rata 20 menit. Konseling dilakukan dengan panduan yang disusun oleh peneliti. Sampel diperoleh dengan metode *purposive sampling*. Data penelitian berupa nilai tingkat kepatuhan, kadar glukosa darah sewaktu (GDS), dan nilai kualitas hidup. Pengukuran kepatuhan menggunakan MMAS-8 dan kualitas hidup dengan DQOLCTQ. Data diolah menggunakan uji Wilcoxon dan uji Mann-Whitney.

Pemberian *home pharmacy care* pada pasien DM tipe 2 di Puskesmas Srandakan Bantul dapat meningkatkan kepatuhan kelompok perlakuan secara signifikan sebesar  $1,322 \pm 1,653$  (0,012) tetapi belum berbeda signifikan jika dibandingkan dengan kelompok kontrol ( $p=0,089$ ). Penurunan kadar GDS pada kelompok perlakuan terjadi secara tidak signifikan sebesar  $53,750 \pm 95,101$  (0,117) dan belum berbeda signifikan jika dibandingkan dengan kelompok kontrol ( $p=0,225$ ). Total kualitas hidup kelompok perlakuan mengalami peningkatan secara signifikan sebesar  $9,807 \pm 8,237$  ( $p=0,001$ ) tetapi belum berbeda signifikan dibandingkan kelompok kontrol ( $p=0,076$ ). Perbedaan signifikan antara kelompok kontrol dengan perlakuan terdapat pada domain kepuasan pengobatan ( $p=0,023$ ), efek pengobatan ( $p=0,006$ ), dan frekuensi gejala ( $p=0,012$ ).

Kata kunci : *home pharmacy care*, kepatuhan, glukosa darah, kualitas hidup, DM tipe 2

## ABSTRACT

Type 2 Diabetes mellitus (type 2 DM) is a chronic disease that requires comprehensive long-term therapy. One form of such services is the home of pharmacy care at first-level health facilities. This research looked at the effects of home pharmacy care provision of adherence levels, blood glucose levels, and quality of life of patients with Type 2 diabetes mellitus.

This quasi-experimental study conducted in Puskesmas Srandakan Bantul on March to June 2015 by the method of pretest-posttest design with control group. The respondents are type 2 DM patients without comorbidities in Puskesmas Srandakan Bantul during March 2015. There are 28 respondents and divided into a control group and a treatment group of each group of 14 people. Home pharmacy care conducted by researcher in the form of counseling at the patient's home with an average duration of 20 minutes. Counseling is done with a guide compiled by researchers. Samples were obtained by purposive sampling method. The data in the research are the level of compliance, blood glucose levels, and the value of quality of life. Compliance measured using MMAS-8 and quality of life by DQOLCTQ. The data is processed using the Wilcoxon test and Mann-Whitney test.

Giving home pharmacy care to patients with type 2 diabetes mellitus in Puskesmas Srandakan Bantul could improve compliance of the treatment groups significantly by  $1.322 \pm 1.653$  ( $p=0.012$ ) but not significantly different when compared with the control group ( $p = 0.089$ ). Decreased levels of blood glucose level in the treatment group did not occur significantly by  $53.750 \pm 95.101$  ( $p=0.117$ ) and not significantly different when compared with the control group ( $p = 0.225$ ). Total quality of life for the treatment group increased significantly by  $9.807 \pm 8.237$  ( $p = 0.001$ ) but not significantly different than the control group ( $p = 0.076$ ). The significant difference between the control group with treatment group contained in the domains of treatment satisfaction ( $p = 0.023$ ), the treatment effect ( $p = 0.006$ ), and the frequency of symptoms ( $p = 0.012$ ).

**Keywords:** home pharmacy care, compliance, blood glucose, quality of life, type 2 diabetes