

ABSTRAK

Latar belakang

Tendinosis rotator cuff merupakan salah satu gangguan muskuloskeletal yang banyak didapatkan pada pasien diabetes melitus. Pemeriksaan ultrasonografi dapat mengetahui gangguan tendon tersebut, bahkan pada pasien yang tanpa gejala. Umur dan lama diabetes diduga berpengaruh terhadap terjadinya gangguan *rotator cuff* pada pasien diabetes, khususnya di Yogyakarta.

Tujuan

Mengetahui hubungan umur dan lama diabetes dengan gangguan tendon *rotator cuff*.

Metode

Penelitian ini menggunakan rancangan potong lintang. Sebanyak 64 pasien diabetes melitus menjalani pemeriksaan ultrasonografi bahu bilateral di RS. Bethesda, Yogyakarta.

Hasil

Didapatkan 50 (78,1%) pasien mengalami gangguan *rotator cuff*. Sebanyak 49 (76,6%) pasien mengalami tendinosis supraspinatus, 7 (10,9%) pasien mengalami tendinosis subskapularis, dan 3 (4,7%) pasien mengalami tendinosis infraspinatus. Rerata \pm SD usia adalah 59,64 \pm 9,4 tahun, dan lama diabetes 9,03 \pm 7,88 tahun. Tidak didapatkan perbedaan umur (60,36 \pm 7,97 vs 57,07 \pm 13,41 tahun; $p=0,395$) dan lama diabetes (8,20 \pm 7,42 vs 12,0 \pm 9,02 tahun; $p=0,092$) antara pasien dengan dan tanpa gangguan *rotator cuff*. Gangguan rotator cuff tidak berhubungan dengan umur [OR=1,040 (IK 0,973-1,111; $p=0,249$)] dan lama diabetes [OR=0,945 (IK 0,880-1,015; $p=0,121$)].

Kesimpulan

Tidak terdapat hubungan antara umur maupun lama diabetes dengan gangguan *rotator cuff* pada pasien diabetes melitus.

Kata kunci: *tendinosis, rotator cuff, lama diabetes, umur*

ABSTRACT

Backgrounds

Rotator cuff tendinosis is musculoskeletal complication that can often be found in diabetic patients. Ultrasound examination can reveal tendon abnormality, even when it is asymptomatic. Age and duration of diabetes may have correlation with rotator cuff abnormality in diabetic patients, especially in Yogyakarta.

Objective

To know the correlation between age and duration of diabetes with rotator cuff tendon abnormality.

Method

This is a cross sectional study. Sixty-four diabetic patients underwent bilateral shoulder ultrasound examination in Bethesda Hospital, Yogyakarta.

Results

There were 50 (78,1%) patients who had rotator cuff abnormalities. Forty-nine (76,6%) patients had supraspinatus tendinosis, 7 (10,9%) patients had subscapularis tendinosis, and 3 (4,7%) patients had infraspinatus tendinosis. Mean \pm SD age was 59,64 \pm 9,4 years old, and duration of diabetes was 9,03 \pm 7,88 years. There were no differences in age (60,36 \pm 7,97 vs 57,07 \pm 13,41 years; $p=0,395$) and duration of diabetes (8,20 \pm 7,42 vs 12,0 \pm 9,02 years; $p=0,092$) between patients with and without rotator cuff. Rotator cuff abnormalities didn't have correlation with age [OR=1,040 (CI 0,973-1,111; $p=0,249$)] and duration of diabetes [OR=0,945 (CI 0,880-1,015; $p=0,121$)].

Conclusions

There were no correlations between age and duration of diabetes with rotator cuff abnormality in diabetes mellitus patients.

Keywords: rotator cuff, tendinosis, diabetes, age