Gambaran Komplikasi Kronik pada Pasien Diabetes Melitus tipe 2 di Rumah Sakit PKU Muhammadiyah Yogyakarta

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INTISARI


Metode penelitian: Jenis penelitian yang digunakan adalah deskriptif observasional untuk mengetahui gambaran komplikasi kronik pada pasien DM tipe 2 dengan desain study cross-sectional dan menggunakan rekam medis di RS PKU Muhammadiyah Yogyakarta. Subyek yang memenuhi kriteria inklusi dan eksklusi dikelompokkan berdasarkan umur, jenis kelamin, lama menderita, dan komplikasi kronik (makrovascular dan mikrovascular). Data disajikan dalam bentuk tabel.

Hasil: Didapatkan 163 sampel dan hasil penelitian menunjukkan bahwa kelompok umur terbanyak umur 45-55 tahun mencapai 38%, berdasarkan jenis kelamin yaitu penderita laki-laki mencapai 52,1 %, berdasarkan lama menderita yaitu 1 tahun mencapai 36,8 %, dan komplikasi kronik yaitu komplikasi mikrovascular pada penyakit neuropati mencapai 90,2 % penderita.

Kesimpulan: Didapatkan adanya peningkatan pada komplikasi mikrovascular yaitu pada penyakit neuropati mencapai 90,2 %, retinopati 1,2%, nefropati 0,6%, retinopati dan neuropati 0,6%. Sedangkan, pada komplikasi makrovascular yaitu pada penyakit jantung koroner 6,7 % dan stroke 0,6%.

Kata kunci : DM tipe 2, komplikasi kronik makrovascular dan mikrovascular.
Description of Chronic Complications in Patients with type 2 diabetes mellitus PKU Muhammadiyah Hospital in Yogyakarta

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ABSTRACT

Background: Diabetes mellitus (DM) is a group of metabolic diseases with characteristic hyperglycemia that occurs due to abnormal insulin secretion, insulin action or both. Chronic hyperglycemia in DM is associated with long-term damage, dysfunction or failure of several organs, especially the eyes, kidneys, nerves, heart and blood vessels. Blood vessels and nerves changes often causes complications in DM. But there is no a specific research that describe about chronic complications in patients with type 2 DM. The purpose of this study was to describe about chronic complications in patients with type 2 DM in RS PKU Muhammadiyah Yogyakarta.

Research method: This type of research is descriptive observational to find out a description of chronic complications in patients with type 2 DM with cross-sectional study design using medical records in hospitals PKU Muhammadiyah Yogyakarta. Subjects who fulfilled inclusion and exclusion criteria are grouped by age, sex, duration of pain, and chronic complications (makrovascular and mikrovascular). Data is presented in tabular form.

Results: There were 163 samples and results of the study show that the age group most aged 45-55 years to 38%, based on the sex of the patient man reached 52.1%, by the 1 year old had reached 36.8%, and the chronic complications microvascular complications of the disease reached 86.3% of those with neuropathy.

Conclusion: The increase in complications microvascular is neuropathy disease (90.2%), retinopathy (1.2%), nephropathy (0.6%), retinopathy and neuropathy (0.6%). While, the complications makrovascular is coronary heart disease (6.7%) and stroke (0.6%).

Keywords: DM type 2, Chronic complications macrovascular and microvascular.