

Perbandingan Karakteristik Pasien dan Kesesuaian Dosis DPP4i dan/atau SGLT2i pada Pasien Diabetes Mellitus Tipe 2 Rawat Jalan di Rumah Sakit Universitas Indonesia Tahun 2021-2022 = Comparison of Patient Characteristics and Dosage Suitability of DPP4i and/or SGLT2i in Outpatient Type 2 Diabetes Mellitus Patients at the University of Indonesia Hospital in 2021-2022

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Abstrak

Diabetes Mellitus Tipe 2 (DMT2) adalah penyakit kronis yang ditandai dengan tingginya kadar gula dalam darah. Indonesia menempati peringkat ketiga kasus DMT2 di Asia Tenggara. Pengobatan yang tidak optimal dapat meningkatkan prevalensi kematian akibat komplikasi. Oleh karena itu, penelitian ini dilakukan untuk menganalisis secara deskriptif perbandingan karakteristik pasien DMT2 yang menerima terapi dipeptidyl peptidase 4 inhibitor (DPP4i) dan/atau sodium glucose cotransporter-2 inhibitors (SGLT2i) dan mengidentifikasi kesesuaian dosis pada pasien dengan gangguan hati, gangguan ginjal, dan geriatri. Penelitian ini adalah studi observasional cross-sectional dengan 132 subjek menggunakan metode total sampling. Data diperoleh retrospektif dari rekam medis. Hasilnya menunjukkan mayoritas penerima terapi DPP4i dan/atau SGLT2i berusia dewasa di bawah 60 tahun, dengan pria lebih banyak daripada wanita. Penyakit kardiovaskular merupakan penyakit penyerta terbanyak, dan obat penurun gula darah dan agen pengubah lipid adalah obat lain yang paling sering dikonsumsi. Tidak terdapat perbedaan signifikan antara karakteristik pasien dengan jenis obat ($p > 0,05$). Ditemukan perbedaan signifikan antara penyakit penyerta dengan jenis obat ($p = 0,003$), dan terdapat perbedaan signifikan antara jenis obat lain yang dikonsumsi dengan jenis obat DPP4i dan/atau SGLT2i ($p < 0,001$) yang dianalisis menggunakan uji Chi Square. Selain itu, kesesuaian dosis pada pasien dengan gangguan hati dan ginjal belum sepenuhnya sesuai. Dalam penelitian ini, diberikan gambaran mengenai karakteristik pasien dan kesesuaian dosis DPP4i dan/atau SGLT2i, obat antidiabetes yang masih tergolong baru, terutama di Rumah Sakit Universitas Indonesia. Evaluasi lebih lanjut diperlukan agar pengobatan dapat optimal dalam mengurangi komplikasi dan mortalitas pasien DMT2.

.....Type 2 diabetes mellitus (T2DM) can lead to complications resulting in mortality. Indonesia ranks third in the prevalence of T2DM cases in the Southeast Asian region. Ineffective treatment of T2DM patients can increase the prevalence of complications-related deaths. Therefore, this research aims to descriptively analyze the characteristics of T2DM patients receiving dipeptidyl peptidase 4 inhibitors (DPP4i) and/or sodium glucose cotransporter-2 inhibitors (SGLT2i) therapy, as well as identify dosage appropriateness in patients with liver and kidney disorders, and geriatric patients. The study also involves identifying dosage regimens for DPP4i and SGLT2i. This study is an analytical descriptive observational research with a cross-sectional study design. A total of 132 research subjects receiving DPP4i and/or SGLT2i therapy during the period from January 2021 to December 2022 were included in this study using total sampling method. Data were retrospectively obtained from medical records of T2DM patients. The results of the study showed that the majority of patients receiving DPP4i and/or SGLT2i therapy were adults under 60 years of age, with a higher proportion of male patients than female patients. The average duration of treatment was 3 months,

the number of comorbidities was 8 diseases, and the average number of other medications consumed was 5 types of medications. There was no significant difference between patient characteristics and types of medications ($p > 0.05$) analyzed using the Chi-Square test. Additionally, the most common comorbidity among patients receiving DPP4i and/or SGLT2i therapy was cardiovascular disease. A significant difference was found between the types of medications used and comorbidities ($p = 0.003$) analyzed using the Chi-Square test. Antidiabetic agents and lipid-modifying agents were the most commonly consumed medications, and there was a significant difference between the types of medications used and comorbidities ($p < 0.001$) analyzed using the Chi-Square test. During health examinations, several parameters were not adequately controlled prior to initiating therapy in patients. Furthermore, dosing adequacy for patients with liver and kidney disorders was not fully met, while in geriatric patients, dosing was appropriate. In the dosage regimens, there were still patients receiving DPP4i and SGLT2i therapy that were not appropriately dosed from the total patient population. This study provides an overview of patient characteristics and dosing adequacy of DPP4i and SGLT2i, relatively new antidiabetic medications, particularly in the University of Indonesia Hospital. Further evaluation is needed to optimize treatment in reducing complications and mortality, especially in patients with T2DM.