

Efektivitas dan Keamanan Protokol Insulin PERKENI 2011 dalam Pengendalian Glukosa darah Pasien Pascabedah Pintas Arteri Koroner Jantung di Ruang Perawatan Intensif = Effectiveness and Safety of the PERKENI 2011 Insulin Protocol in Controlling Blood Glucose in Post-Coronary Artery Bypass Grafting Surgery Patients in Intensive Care Unit

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Abstrak

Latar Belakang. Hiperglikemia sering terjadi pada pasien pascabedah pintas arteri koroner (BPAK). Kondisi ini mempengaruhi prognosis pada pasien, sehingga dibutuhkan protokol insulin intensif yang efektif dan aman digunakan. Di Indonesia belum ada protokol standar yang terbukti efektif dan aman pada pasien pascabedah pintas arteri koroner (BPAK). Tujuan. Mengetahui persentase pasien pascabedah pintas arteri koroner (BPAK) jantung yang mencapai target glukosa darah dalam 6 jam dan insiden kejadian hipoglikemia dengan menggunakan protokol insulin PERKENI 2011.

Metode. Penelitian ini menggunakan desain retrospektif dari rekam medis pasien dewasa 318 tahun yang mengalami hiperglikemia (>200 mg/dL) pascabedah pintas arteri koroner (BPAK). Parameter yang dilihat karakteristik dari subjek, proporsi glukosa darah terkendali (150-200 mg/dL) dalam enam jam dan proporsi hipoglikemia. Proporsi pencapaian glukosa darah ditargetkan $>50\%$ dan kejadian hipoglikemia $<12\%$.

Hasil. Penelitian ini dilakukan di Pelayanan Jantung Terpadu RSUPN Dr. Cipto Mangunkusumo periode Januari 2018 sampai September 2023. Sebanyak 98 subjek diikutsertakan dan didapatkan persentase pasien yang mencapai target glukosa darah dalam 6 jam sebesar 54,1% dan proporsi hipoglikemia sebesar 5,1%.

Kesimpulan. Berdasarkan penelitian ini persentase pasien yang mencapai target glukosa darah dalam 6 jam sebesar 54,1% dan proporsi hipoglikemia sebesar 5,1% dengan menggunakan protokol insulin PERKENI 2011.

.....**Background.** Hyperglycemia often occurs in patients after coronary bypass surgery. This condition affects the patient's prognosis, so an intensive insulin protocol is needed that is effective and safe to use. In Indonesia, there is no standard protocol that has been proven to be effective and safe in patients after coronary bypass surgery.

Aim. To determine the percentage of post-coronary artery bypass surgery (CABG) patients who achieve blood glucose targets within 6 hours and the incidence of hypoglycemia using the PERKENI 2011 insulin protocol.

Methods. This study used a retrospective design from medical records of adult patients (318 years old) who experienced hyperglycemia (>200 mg/dL) after coronary bypass surgery. The parameters seen were the characteristics of the subjects, proportion of controlled blood glucose (150-200 mg/dL) within six hours and proportion of hypoglycemia. The proportion of blood glucose achieved is targeted at $>50\%$ dan the incidence of hypoglycemia $<12\%$.

Results. This research was conducted at the Integrated Heart Service of RSUPN Dr. Cipto Mangunkusumo for the period January 2018 to September 2023. A total of 98 subjects were included and it was found that the percentage of patients who reach the blood glucose target within 6 hours was 54.1% and the proportion

of hypoglycemia was 5.1%.

Conclusion. Based on this study, the percentage of patients who achieved the blood glucose target within 6 hours was 54.1% and the proportion of hypoglycemia was 5.1% using the PERKENI 2011 insulin protocol.