

**FAKULTAS KEDOKTERAN  
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

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**HUBUNGAN RASIONALITAS PENGGUNAAN OBAT  
ANTI DIABETES ORAL TERHADAP EFEKTIVITAS TERAPI PASIEN  
USIA PRODUKTIF DI RSUD BHAKTI YUDHA TAHUN 2022**

RINCIAN HALAMAN (xvii + 96 halaman, 16 tabel, 3 gambar, 10 lampiran)

**ABSTRAK**

**Tujuan**

Diabetes Melitus (DM) merupakan gangguan metabolisme kronis yang ditandai dengan hiperglikemia persisten. Pengobatan pasien DM diharuskan rasional karena termasuk dalam pengobatan seumur hidup. Tujuan penelitian ini adalah untuk mengetahui hubungan rasionalitas penggunaan Obat Anti Diabetes (OAD) oral terhadap efektivitas terapi pasien DM tipe 2 usia produktif di instalasi rawat jalan Rumah Sakit Umum Bhakti Yudha.

**Metode**

Penelitian ini bersifat analitik observasional dengan metode *cross sectional* pada 33 data rekam medis pasien usia produktif didiagnosis DM tipe 2 periode Januari – Desember 2022. Analisis data penelitian ini menggunakan uji *Chi-Square*.

**Hasil**

Hasil penelitian ini didapatkan tepat indikasi 100%; tepat pasien 96,96%; tepat obat 84,84%; tepat dosis 100%. Secara keseluruhan, 84,84% pasien menerima pengobatan rasional. Sejumlah 24 pasien (72.72%) mendapatkan hasil terapi yang efektif dari 28 pasien yang menerima pengobatan rasional. Sejumlah 4 pasien (12.12%) mendapatkan hasil terapi yang tidak efektif dari 5 pasien (15.15%) pasien yang menerima pengobatan tidak rasional.

**Kesimpulan**

Kesimpulan terdapat hubungan yang signifikan antara rasionalitas penggunaan OAD oral terhadap efektivitas terapi pasien DM tipe 2 usia produktif di instalasi rawat jalan RSUD Bhakti Yudha Depok (*p value* = 0.002). Hal tersebut dikarenakan pemberian obat pasien sebagian besar tergolong rasional dan sebagian besar pasien mendapatkan hasil terapi yang efektif.

**Daftar Pustaka:** 100 (2011-2023)

**Kata kunci:** rasionalitas obat; obat anti diabetes oral; efektivitas terapi; usia produktif

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*Undergraduate Thesis, January 2024*

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**THE RELATION BETWEEN THE RATIONALITY OF ORAL ANTI  
DIABETES MEDICATION USAGE AND THE EFFECTIVENESS OF  
THERAPY IN PRODUCTIVE AGE PATIENTS AT BHAKTI YUDHA  
GENERAL HOSPITAL IN 2022**

*PAGE DETAIL (xvii + 96 pages, 16 tables, 3 pictures, 10 appendices)*

**ABSTRACT**

***Objective***

*Diabetes mellitus (DM) is a chronic metabolic disorder characterized by persistent hyperglycemia. The treatment of DM patients must be rational because it is part of lifelong treatment. The aim of this study was to determine the relationship between the rationality of using oral anti-diabetic drugs (OAD) and the effectiveness of therapy for type 2 DM patients of productive age at the outpatient installation in Bhakti Yudha General Hospital.*

***Method***

*The research was observational analytic with a cross-sectional method on 33 medical records of productive-age patients diagnosed with type 2 DM for the period January–December 2022. The analysis of this research used the Chi-Square test.*

***Result***

*The rationality results of this research were 100% the correct indication, 96.96% the right patient, 84.84% the right medication, and 100% the correct dose. Overall, 84.84% of patients received rational treatment. A total of 24 patients (72.72%) received effective therapeutic results from 28 patients who received rational treatment. A total of 4 patients (12.12%) received ineffective therapeutic results from 5 patients (15.15%) who received irrational treatment.*

***Conclusion***

*The conclusion is that there is a significant relation between the rationality of oral OAD consumption and the effectiveness of therapy for type 2 DM patients of productive age at the outpatient installation of RSU Bhakti Yudha Depok ( $p$  value = 0.002). The conclusion was drawn because most patients adhere to rational medication administration, leading to effective therapeutic outcomes.*

***References:*** 100 (2011-2023)

***Keywords:*** drug rationality; oral anti-diabetic medication; therapeutic effectiveness; productive age