

FAKTOR-FAKTOR YANG MEMENGARUHI GANGGUAN KULIT PADA PASIEN DIABETES MELITUS TIPE 2

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Abstrak

Gangguan kulit pada pasien diabetes melitus tipe 2 (DMT2) merupakan komplikasi yang sering terjadi dan dapat menurunkan kualitas hidup penderita. Namun, faktor penentu yang memengaruhi manifestasi gangguan kulit pada individu yang terdiagnosis dengan DMT2 masih relatif jarang diteliti. Tujuan dari penelitian ini adalah menganalisis determinan yang memengaruhi prevalensi gangguan kulit pada pasien DMT2, meliputi usia, jenis kelamin, kadar gula darah sewaktu (GDS), HbA1c, dan lama menderita DM. Penelitian ini merupakan studi observasional analitik yang menggunakan desain potongan garis lintang yang melibatkan 74 responden. Data demografis, GDS, HbA1c, lama menderita DM, serta kejadian gangguan kulit dikumpulkan, kemudian akan dianalisis melalui uji *Chi-square* dan *Fisher exact test*. Dari 74 responden, sebanyak 36 responden (48,6%) menunjukkan manifestasi gangguan kulit. Hasil studi ini menyimpulkan bahwa faktor-faktor seperti HbA1c, GDS, dan seberapa lama pasien telah didiagnosis menderita DM, memperlihatkan asosiasi yang kuat dengan komplikasi gangguan kulit pada subjek DMT2 ($P < 0,05$). Penelitian ini menyimpulkan adanya hubungan yang signifikan antara GDS, nilai HbA1c, serta lama menderita DM, dengan kemunculan gangguan kulit pada pasien DMT2.

Kata kunci: DMT2 , gangguan kulit, HbA1c, GDS, Lama menderita DM, faktor risiko

Factors Associated with Skin Disorders in Patients with Type 2 Diabetes Mellitus

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Abstract

In patients with Type 2 Diabetes Mellitus (T2DM), skin related disorders frequently manifest as complications that can adversely affect their well-being and daily functioning. However, factors influencing the rate of dermatological complications in the T2DM population remain not widely studied. The objective of this research is to investigate the determinants underlying the prevalence of dermatological conditions among individuals with T2DM, including age, gender, random blood glucose (RBG) levels, HbA1c, and diabetes chronicity. A total of 74 subjects were enrolled in this cross-sectional, analytical observational study to investigate the stated variables. Demographic data, RBG, HbA1c, diabetes chronicity, and the incidence of skin disorders were gathered and subjected to statistical evaluation using Chi-Square and Fisher's exact tests. Among the 74 participants included in the analysis, skin disorders were observed in 36 individuals, representing a prevalence of 48.6%. The analysis showed that HbA1c, RBG, and diabetes chronicity were significantly associated with skin disorders ($P < 0.05$). In conclusion, RBG, HbA1c, and diabetes chronicity are significantly associated with the prevalence of cutaneous manifestations among individuals suffering from type 2 diabetes mellitus.

Keyword: Type 2 diabetes mellitus, cutaneous manifestations, random blood glucose, HbA1c, diabetes chronicity.

