

# PEMANTAUAN GLUKOSA DARAH PASIEN APOTEK UBAYA YANG DIDIAGNOSIS DIABETES MELLITUS TIPE 2 MELALUI LAYANAN *HOME CARE*

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## ABSTRAK

Indonesia menempati urutan ke-4 dalam hal jumlah penderita diabetes mellitus. Diabetes mellitus merupakan penyakit kronis yang membutuhkan pengobatan secara berkelanjutan dan edukasi kepada pasien untuk mencegah komplikasi. Untuk mencegah komplikasi dan untuk mencapai kontrol glukosa darah yang baik diperlukan pilar penatalaksanaan diabetes mellitus yang dapat dilakukan farmasis melalui *home care*. *Home care* merupakan layanan kunjungan rumah untuk meningkatkan kualitas hidup pasien. Layanan ini belum banyak dilakukan di Indonesia. Oleh karenanya peneliti melakukan penelitian tentang Pemantauan Glukosa Darah Pasien Apotek Ubaya yang Didiagnosis Diabetes Mellitus Tipe 2 melalui Layanan *Home Care*. Penelitian ini merupakan penelitian prospektif yang ditujukan kepada pasien diabetes mellitus tipe 2 di Apotek Ubaya yang memenuhi kriteria penelitian selama bulan September hingga Desember 2009. Dari penelitian ini diperoleh lima pasien diabetes mellitus tipe 2. Kemudian pasien diintervensi dengan layanan *home care* dan didapatkan hasil empat pasien mengalami penurunan dan satu pasien mengalami peningkatan glukosa darah acak. Dari hasil statistik *paired t-test* diperoleh kesimpulan perbedaan glukosa darah acak sebelum dan sesudah intervensi tidak signifikan ( $\alpha=0,05$ ).

**Kata kunci** : diabetes mellitus tipe 2, glukosa darah, *home care*.

# **BLOOD GLUCOSE MONITORING FOR TYPE 2 DIABETIC PATIENTS OF APOTEK UBAYA THROUGH HOME CARE SERVICE**

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## **ABSTRACT**

Indonesia occupy the fourth rank of the largest diabetes mellitus population in the world. Diabetes mellitus is a cronic disease that need continuous therapy and education to prevent from its complications. Some therapeutics management of diabetes mellitus, such as home care is needed to prevent the patients from the complications and reach the optimal blood glucose level in the body. Home care is a home service provided by the community pharmacist to improve the quality of life of the patient by monitor the patients' blood glucose level, educate and counsel the patient about lifestyle modification and anyrelated information needed by the patients. This service, however, is still rarely done by the community pharmacists in Indonesia. The objective of this study is to monitor the blood glucose level of diabetics patient in Apotek Ubaya who have been diagnosed with type 2 diabetes mellitus through home care service. This study was designed prospectively with five patients who met the inclusion criteria. Random blood glucose level was collected from each patient everyweek and the difference between pre-test and post-test was measured. The data, then analysed statistically using paired t-test. As the result, random blood glucose level of four patients were decreased while another one patient was increased. The difference between pre-test and post-test of random blood glucose level was not significant statistically ( $\alpha=0.05$ ).

**Keyword:** type 2 diabetes mellitus, blood glucose, home care.