

OPTIMALISASI PENGOBATAN PASIEN DIABETES MELITUS TIPE 2 DI RUMAH DIABETES UBAYA DENGAN LAYANAN *MEDICATION THERAPY MANAGEMENT* (MTM)

Lanae Nopiani, 2017
Pembimbing: Antonius Adji¹, Lisa Aditama²

ABSTRAK

Penelitian ini dilakukan karena melihat pentingnya layanan *medication therapy management* (MTM), tetapi belum ada data penerapan dan penelitian layanan MTM di Indonesia khususnya pada pasien diabetes melitus tipe 2. Penelitian ini bertujuan untuk melihat pengaruh MTM terhadap masalah terkait obat (MTO), keamanan pengobatan dan perbaikan kondisi klinis. Desain penelitian ini menggunakan *Randomized Controlled Trial*, dengan total 58 pasien yang dibagi dalam 2 kelompok, yaitu 29 pasien kelompok uji dan 29 pasien kelompok kontrol. Populasi pasien dari Rumah Diabetes Ubaya. Pasien kelompok uji diberikan intervensi berupa layanan *medication therapy management* (MTM) yang dikunjungi setiap 2 minggu. Kedua kelompok ditindaklanjuti selama 3 bulan. Hasil dari penelitian ini, layanan MTM memberikan perbedaan yang signifikan terhadap penurunan kejadian masalah terkait obat, penurunan efek samping obat, perbaikan HbA1c, perbaikan tekanan darah dan penurunan indeks massa tubuh dibandingkan dengan kelompok kontrol.

Kata Kunci: *medication therapy management*, diabetes melitus, MTO, ESO, HbA1c

OPTIMIZATION OF DIABETES MELLITUS TYPE 2 PATIENTS THERAPY IN RUMAH DIABETES UBAYA USING MEDICATION THERAPY MANAGEMENT (MTM) SERVICE

Lanae Nopiani, 2017

Advisors: Antonius Adji¹, Lisa Aditama²

ABSTRACT

There were none data information about medication therapy management (MTM) service in Indonesia, especially in diabetes mellitus type 2 patients. This research was conducted to determine the influences of MTM on drug related problems (ADR), treatment safety and the improvement of patients clinical outcomes. This study was used Randomized Controlled Trial design, 58 patients were divided into 2 groups: the intervention group with 29 patients and the control group with 29 patients. The population were recruited from Rumah Diabetes patients Ubaya. The patients of the intervention group had been given the medication therapy management (MTM) services and visited every two weeks. Both groups were followed for 3 months. The results of this study showed that the implementation of MTM services can significantly decrease drug related problems, drug side effects, and also improve patient's clinical outcome (HbA1c, blood pressure and body mass index) compared with the control group.

Keywords: medication therapy management, diabetes mellitus, drug related problems, drug side effect, HbA1c