

# KAJIAN LITERATUR PENGOBATAN PASIEN COVID-19 DENGAN KOMORBID DIABETES DAN/ATAU HIPERTENSI

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## ABSTRAK

COVID-19 yang disebabkan oleh coronavirus 2 (SARS-CoV-2) dengan sindrom pernapasan akut parah dapat menyebar secara global dan cepat. Penularan SARS-CoV-2 ini dapat terjadi antar manusia, bahkan dari pasien tanpa gejala. Tingkat mortalitas akibat COVID-19 dijumpai cukup signifikan terutama pada pasien dengan komorbiditas diabetes melitus dan hipertensi. Kajian literatur ini bertujuan untuk mengetahui karakteristik pengobatan pasien COVID-19 dengan komorbiditas diabetes melitus dan hipertensi. Artikel pada kajian literatur ini menggunakan satu *database* yaitu Pubmed. Hasil pencarian dengan kombinasi kata kunci (COVID-19 OR Coronavirus OR SARS-CoV-2) AND (Hypertension OR Diabetes Mellitus OR (Hypertension AND Diabetes mellitus)) AND (therapy OR treatment OR management OR medication) didapatkan 5 artikel yang memenuhi kriteria inklusi dan eksklusi. Hasil kajian literatur menunjukkan bahwa pasien diabetes melitus dan/atau hipertensi yang terinfeksi COVID-19 dapat mengalami efek atau gejala umum seperti demam, batuk, sesak napas atau dyspnea dan malaise. Pengobatan yang diberikan pada penderita COVID-19 dengan komorbid diabetes dan/atau hipertensi meliputi insulin,  $\alpha$ -glikosidase, DPP4 inhibitor, ACEi, ARB, antivirus (interferon, lopinavir/litonavir, darunavir, dan arbidol), dan antikoagulan. Didapatkan kesimpulan bahwa tingkat keberhasilan terapi pengobatan COVID-19 pada penderita diabetes dan/atau hipertensi lebih tinggi dibandingkan dengan ketidakberhasilan pada terapi pengobatan COVID-19 pada penderita diabetes dan/atau hipertensi dan batuk pada infeksi tidak bertambah parah.

**Kata kunci:** COVID-19, SARS-Cov-2, diabetes melitus, hipertensi.

## **LITERATURE STUDY OF COVID-19 PATIENTS WITH COMORBID DIABETES AND HYPERTENSION**

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### **ABSTRACT**

*COVID-19 caused by coronavirus 2 (SARS-CoV-2) with severe acute respiratory syndrome can spread globally and rapidly. This SARS-CoV-2 transmission can occur between humans, even from asymptomatic patients. The mortality rate due to COVID-19 was found to be quite significant, especially in patients with comorbid diabetes mellitus and hypertension. This literature review aims to determine the treatment characteristics of COVID-19 patients with comorbid diabetes mellitus and hypertension. The article in this literature review uses one database, namely Pubmed. The search results using a combination of keywords (COVID-19 OR Coronavirus OR SARS-CoV-2) AND (Hypertension OR Diabetes Mellitus OR (Hypertension AND Diabetes mellitus)) AND (therapy OR treatment OR management OR medication) found 5 articles that met the inclusion criteria and exclusion. The results of the literature review show that patients with diabetes mellitus and/or hypertension infected with COVID-19 may experience general effects or symptoms such as fever, cough, shortness of breath or dyspnea and malaise. Treatment given to COVID-19 patients with comorbid diabetes and/or hypertension includes insulin,  $\alpha$ -glycosidase, DPP4 inhibitors, ACEi, ARBs, antivirals (interferon, lopinavir/litonavir, darunavir, and arbidol), and anticoagulants. It was concluded that the success rate of COVID-19 treatment therapy in people with diabetes and/or hypertension was higher than the unsuccessful rate of COVID-19 treatment in people with diabetes and/or hypertension and cough on the infections not getting worst.*

**Keywords:** COVID-19, SARS-Cov-2, diabetes mellitus, hypertension.

