

## The DiabCare 2008 study-Outcomes on control and complications of type 2 diabetic patients in Indonesia

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### Abstrak

Tujuan: Mengumpulkan informasi mengenai penanganan dan komplikasi diabetes, serta kesadaran pengendalian diri sendiri penderita diabetes di Indonesia. Studi ini juga mengevaluasi perspektif dokter, aspek psikologis, dan kualitas hidup pasien.

Metode: Studi non-intervensi, potong lintang, merekrut 1832 pasien dari pusat kesehatan sekunder dan tersier di Indonesia. Data mengenai demografi, riwayat medis, faktor resiko, dan laporan pemeriksaan klinis termasuk laboratorium dikumpulkan dari rekam medis pasien. Sampel darah dikumpulkan untuk pengukuran HbA1c yang tersentralisasi.

Hasil: Di antara 1832 pasien, 1785 individu memenuhi syarat untuk dianalisis. Rata-rata usia adalah 58,9±9,6 tahun. Lamanya menderita diabetes 8,5±7,0 tahun. Mayoritas pasien (97,5%) menderita diabetes tipe 2. 67,9% pasien memiliki kontrol diabetes yang buruk (A1c:  $8,1 \pm 2,0\%$ ). 47,2% pasien memiliki kadar Glukosa Plasma Puasa >130 mg/dL ( $161,6 \pm 14,6$  mg/dL). Dislipidemia dilaporkan pada 60% pasien (834/1390) dan 74% (617/834) di antaranya mendapatkan obat hipolipidemik. Neuropati merupakan komplikasi paling umum (67.2%); komplikasi diabetes lainnya antara lain: katarak: 14.5% Retinopati diabetik non-proliferasif: 8.3%, kreatinin serum >2 mg/dl: 3.6%, ulkus yang sudah sembuh: 3.8%, angina pectoris 9.9% dan stroke 5.6%. Sekitar 81.3% pasien menerima terapi obat hipoglikemik oral (OHO) ( $\pm$  insulin), 37,7% pasien menerima terapi insulin ( $\pm$ OHO). Penggunaan biguanide diikuti oleh sulfonilurea. Mayoritas pasien menggunakan insulin manusia 73,2%, regimen premiks 58,5%, insulin analog 24,9%. Mayoritas respon indeks kesehatan WHO-5 jatuh dalam teritori positif.

Kesimpulan: Kontrol glikemik yang buruk pada mayoritas pasien diabetes perlu diperhatikan. Terdapat kebutuhan untuk penyesuaian terapi dari sebagian besar pasien menuju terapi farmakologis yang lebih intensif dan

pendekatan multidisipliner

harus digunakan. Temuan studi ini perlu dikomunikasikan kepada pembuat kebijakan dan dokter untuk membantu

mereka memberikan perawatan kesehatan dan fasilitas yang baik.

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<b>Abstract</b><br>

**Aim:** To collect information on diabetes management, diabetes complications, and awareness of self-control in

diabetic population of the country. This study also evaluated the physician perspectives, psychological aspects, and

quality of life of diabetic patients.

**Methods:** This was a non-interventional, cross-sectional study, which recruited 1832 patients from secondary and

tertiary medical centers across Indonesia. Data on demography, medical history, risk factors and clinical examination

reports including laboratory assessments were collected from medical records of patients. Blood samples of all patients

were collected for centralized HbA1c measurements.

**Results:** Among 1832 patients, 1785 individuals were eligible for analysis. The mean age of the patients was 58.9±9.6

years. The mean duration of diabetes was 8.5±7.0 years. Majority (97.5%) of the patients had type 2 diabetes. 67.9%

had poor control of diabetes (A1c:8.1 ± 2.0%). 47.2% had FPG>130 mg/dL (161.6±14.6 mg/dL).

Dyslipidemia was

reported in 60% (834/1390) and 74% (617/834) of those received lipid lowering treatment. Neuropathy was most common

complication (63.5%); other complications were: Diabetic retinopathy 42%, nephropathy 7.3%, severe late complications

16.9%, macrovascular complications 16%, microvascular complications 27.6%. About 81.3% of patients were on OADs

(± insulin), 37.7% were on insulin (±OADs). Majority used biguanides followed by sulfonylureas. Human insulin was used

by 73.2%, premix regimen 58.5%, analogues usage was 24.9%. Majority of the WHO-5 well being index responses fell in

positive territory.

**Conclusion:** Poor glycaemic control in majority of patients is a concern. There is a need for a large proportion of

patients to be adjusted to more intensive pharmacotherapy and a multi-disciplinary approach for management should

be adopted. The study findings should be communicated to policymakers and physicians to help them provide proper

healthcare and its facilities in Indonesia.