

Evaluasi kepatuhan pasien diabetes melitus tipe 2 melalui booklet yang disusun bersama pasien di Puskesmas Beji dan Pancoran Mas = Evaluation of compliance in type 2 DM patients through booklet arranged together with patients in Beji and Pancoran Mas primary health centers

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Abstrak

Ketidakpatuhan terapi Diabetes Melitus (DM) dapat menimbulkan komplikasi kronis mikrovaskular dan makrovaskular. Penelitian ini bertujuan membandingkan antara kepatuhan pasien DM tipe 2 yang diberi booklet yang disusun bersama pasien dan booklet lama. Rancangan penelitian ini adalah quasi experimental design dengan two group pretest-posttest design secara prospektif. Penilaian kepatuhan berdasarkan skor Morisky Medication Adherence Scale (MMAS-8) dan kadar hemoglobin terglikasi (HbA1c). Penelitian dilaksanakan di puskesmas Beji dan Pancoran Mas bulan Maret hingga Juni 2013. Total sampel terdiri dari 62 pasien yang memenuhi kriteria inklusi dan mengikuti pretest, hanya 49 pasien DM tipe 2 yang mengikuti hingga akhir penelitian (posttest). Sampel secara random dibagi menjadi kelompok yang menerima booklet yang disusun bersama pasien DM tipe 2 (25 orang) dan kelompok booklet lama (24 orang). Penilaian skor MMAS-8 dan kadar HbA1c diukur sebelum dan 8 minggu setelah pemberian intervensi. Analisis menggunakan uji paired t test untuk perubahan kadar HbA1c serta uji Wilcoxon untuk skor MMAS-8. Pada kelompok yang menerima booklet yang disusun bersama pasien DM tipe 2 menunjukkan perbedaan bermakna kadar HbA1c ($p=0,066<0,1$) dan skor MMAS-8 ($p=0,002<0,05$) sebelum dan setelah 8 minggu intervensi. Penelitian ini menunjukkan bahwa media edukasi booklet yang disusun bersama pasien DM tipe 2 dengan bahasa yang mudah dimengerti dapat meningkatkan kepatuhan pasien DM tipe 2 terhadap terapi.

The uncompliance to diabetes mellitus (DM) therapy can lead to chronic microvascular and macrovascular complications. This study aimed to compare the compliance of type 2 DM patients who were given the booklet that rearranged together with the patients and the original booklet. This study design was a quasi experimental design with two group pretest-posttest design prospectively. Compliance assessment score based on Morisky Medication Adherence Scale (MMAS-8) and the levels of glycated hemoglobin (HbA1c). Research is carried out in Beji and Pancoran Mas Health Center during March to June 2013. The sample consisted of 62 patients who met the inclusion criteria and follow the pretest, only 49 patients with type 2 diabetes who followed up to the end of the study (posttest). Samples were randomly divided into group receiving the rearranged booklet with type 2 DM patients (25 patients) and original booklet group (24 patients). MMAS-8 assessment scores and HbA1c levels were measured before the intervention and 8 weeks after the intervention. The result is analyzed by using a paired t-test for change in HbA1c levels and the Wilcoxon test for MMAS-8 score. Group receiving the rearranged booklet with type 2 DM patients showed significant differences in HbA1c levels ($p=0.066<0.1$) and MMAS-8 scores ($p=0.002<0.05$) before and after 8 weeks of intervention. So this study may indicate that rearranged booklet with type 2 DM patients as an education media with understandable language may improve the compliance of type 2 diabetes patient to their medication therapy.