

Proporsi hipotensi ortostatik dan hubungannya dengan kadar hba1c pada pasien diabetes melitus usia lanjut = Proportion of orthostatic hypotension and its relationship with hba1c level in the diabetic elderly patients

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Abstrak

ABSTRAK

Latar Belakang: Diabetes Melitus (DM) merupakan salah satu penyakit tersering pada usia lanjut. Salah satu komplikasi DM adalah neuropati otonom, dimana hipotensi ortostatik merupakan tanda dari neuropati otonom yang berat. Adanya Hipotensi ortostatik pada pasien DM usia lanjut meningkatkan risiko kejadian kardiovaskular dan kematian. Saat ini belum ada studi di Indonesia yang menggambarkan proporsi hipotensi ortostatik pada pasien DM usia lanjut. Selain itu studi tentang hubungan kadar HbA1c dengan kejadian hipotensi ortostatik pada subjek DM masih terbatas dan hasilnya masih kontroversial.

Tujuan: Mendapatkan proporsi hipotensi ortostatik pada pasien DM usia lanjut di RSCM Jakarta dan hubungannya dengan kadar HbA1c.

Metode: Penelitian ini merupakan studi potong lintang terhadap 350 penderita DM usia ≥60 tahun yang berobat di poliklinik Geriatri dan Diabetes RSCM periode Januari-Maret 2016. Hipotensi ortostatik didefinisikan sebagai penurunan tekanan darah sistolik ≥ 20mmHg dan atau tekanan diastolik ≥10mmHg dalam 3 menit setelah perubahan posisi dari berbaring ke berdiri. Pemeriksaan kadar HbA1c menggunakan alat Nycocard dari Axis Shield. Uji chi square digunakan untuk analisis bivariat dan regresi logistik digunakan untuk analisis multivariat terhadap variabel perancu.

Hasil Penelitian: Proporsi hipotensi ortostatik sebesar 27,4% pada subjek DM usia lanjut. Median HbA1c didapatkan lebih tinggi pada subjek dengan hipotensi ortostatik dibandingkan tanpa hipotensi ortostatik (7,6% vs 7,1%; p<0,05). Terdapat hubungan antara kadar HbA1c ≥7,35% dengan kejadian hipotensi ortostatik (OR 1,987, 95%IK 1,2-3,2). Lama DM merupakan variabel perancu dalam penelitian ini.

Kesimpulan: Hipotensi ortostatik banyak ditemukan pada subjek DM usia lanjut. Terdapat hubungan antara kejadian hipotensi ortostatik dengan peningkatan kadar HbA1c pada pasien DM usia lanjut di RSCM Jakarta.

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ABSTRACT

Background: Diabetes mellitus (DM) is one of the commonest diseases in the elderly. One of its complications is autonomic neuropathy. Orthostatic hypotension is a sign of severe autonomic neuropathy. The presence of orthostatic hypotension in elderly patients with DM increases the risk of cardiovascular events and death. Currently there are no studies in Indonesia that describe the proportion of orthostatic hypotension in elderly patients with DM. Moreover, studies about the relationship between HbA1c level and incidence of orthostatic hypotension in subjects with DM are still limited and the results are controversial.

Objective: This study aims to obtain the proportion of orthostatic hypotension in elderly diabetic patients in Cipto Mangunkusumo Hospital, Jakarta and its relationship with HbA1c level.

Methods: This study was a cross-sectional study on 350 patients with DM aged ≥60 years old who

sought treatment at the Geriatrics and Diabetes clinic in Cipto Mangunkusumo Hospital from January to March 2016. Orthostatic hypotension was defined as a decrease in systolic blood pressure \geq 20mmHg or diastolic pressure \geq 10mmHg within 3 minutes after changing position from lying to standing. Level of HbA1c was measured using Nycocard from Axis Shield. Chi square test was used for bivariate analysis and logistical regression was used for multivariate analysis against confounding variables. Results: The proportion of orthostatic hypotension in elderly subjects with DM was 27.4%. Median of HbA1c level was higher in subjects with orthostatic hypotension than subjects without (7.6% vs. 7.1%; $p < 0.05$). There was a relationship between HbA1c level \geq 7.35% and incidence of orthostatic hypotension (OR 1.987, 95% CI 1.2-3.2). Length of having DM was a confounding variable. Conclusion: Orthostatic hypotension is more common in elderly subjects with DM. There is a relationship between the incidence of orthostatic hypotension with elevated level of HbA1c in diabetic elderly patients in Cipto Mangunkusumo Hospital, Jakarta.