

# Proporsi Polineuropati Distal Simetrik dan Hubungan Terhadap Kualitas Hidup pada Penyandang Diabetes Melitus di Puskesmas di Jakarta = Proportion of Distal Symmetric Polyneuropathy and Association on Quality of life of Diabetics at the Jakarta Health Center

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## Abstrak

### Latar Belakang.

International Diabetes Federation (IDF) memperkirakan 463 juta jiwa di dunia menderita diabetes mellitus (DM) pada tahun 2019 dan akan bertambah menjadi 628 juta pada tahun 2045. Polineuropati distal simetrik merupakan manifestasi terbanyak neuropati diabetik perifer. Gangguan ini berasosiasi dengan neuropati otonom dan gangguan pada mikrovaskular lainnya sehingga dapat menjadi pintu untuk mencari komplikasi diabetes lain. Pada pasien dengan penyakit kronik seperti polineuropati distal simetrik, kualitas hidup perlu diperhatikan untuk merancang, memantau dan mengevaluasi efektivitas intervensi pengobatan.

### Tujuan.

Mengetahui proporsi polineuropati distal simetrik dan hubungannya terhadap kualitas hidup pada penyandang diabetes melitus di Puskesmas di Jakarta.

### Metode.

Studi potong lintang dengan populasi terjangkau pasien DM di Puskesmas di Jakarta dari September 2022-Januari 2023. Analisis data digunakan untuk mendapatkan proporsi polineuropati distal simetrik dan hubungannya terhadap kualitas hidup pada pasien diabetes melitus di Puskesmas di Jakarta.

### Hasil.

Selama periode penelitian didapatkan 183 subjek dengan rerata umur 53+8,6 tahun, rerata lama menderita diabetes 5+4,8 tahun, rerata tekanan darah sistolik 141+19,4mmHg dan diastolik 90+9 mmHg. Sebanyak 140 subjek (77,3%) obesitas, 123 (67,2%) subjek dengan kadar HbA1C yang belum terkontrol dengan rerata kadar HbA1C 8,1+2%. Sebanyak 177 subjek (96,7%) menderita dislipidemia dengan rerata kadar kolesterol total 207 (43,4) mg/dL, kadar LDL 136 (39,3) mg/dL, dan HDL 48 (10,9) mg/dL. Proporsi rasa sakit pada subjek dengan polineuropati distal simetrik lebih besar bermakna dibandingkan dengan subjek tanpa polineuropati distal simetrik dengan OR 2,777 (1,384-5,572) dan p-value 0,005.

### Kesimpulan.

Proporsi polineuropati distal simetrik pada penelitian ini sebesar 74,9%. Polineuropati distal simetrik pada pasien DM tidak memiliki hubungan terhadap kualitas hidup, namun didapatkan hubungan yang bermakna pada komponen dimensi rasa nyeri bila dibandingkan dengan tanpa polineuropati distal simetrik.

### .....Background.

International Diabetes Federation (IDF) estimates that 463 million people worldwide suffer from diabetes mellitus (DM) in 2019 and will increase to 628 million in 2045. Distal symmetric polyneuropathy is the most common manifestation of peripheral diabetic neuropathy. This disorder is associated with autonomic neuropathy and other microvascular disorders, so it can be a gateway to look for other diabetes complications. In patients with chronic diseases such as symmetric distal polyneuropathy, quality of life needs to be considered in designing, monitoring and evaluating the effectiveness of treatment interventions.

## Objective.

Knowing the proportion of distal symmetric polyneuropathy and its relationship to quality of life in people with diabetes mellitus in Jakarta Health Center.

## Methods.

Cross-sectional study with an affordable population of diabetes mellitus patients at the Jakarta Health Center from September 2022-January 2023. Data analysis was used to obtain the proportion of distal symmetrical polyneuropathy and its relationship to quality of life in diabetes mellitus patients at the Jakarta Health Center.

## Results.

During the study period, 183 subjects were found with an average age of 53+8.6 years, an average duration of diabetes 5+4.8 years, an average systolic blood pressure of 141+19.4 mmHg and a diastolic of 90+9 mmHg. A total of 140 subjects (77.3%) were obese, 123 (67.2%) subjects had uncontrolled HbA1C levels with an average HbA1C level of 8.1+2%. A total of 177 subjects (96.7%) suffered from dyslipidemia with an average total cholesterol level of 207 (43.4) mg/dL, LDL level of 136 (39.3) mg/dL, and HDL level of 48 (10.9) mg/dL. Proportion of pain in subjects with distal symmetric polyneuropathy was significantly greater than in subjects without distal symmetric polyneuropathy with OR 2.777 (1.384-5.572) and p-value 0.005.

## Conclusion.

The proportion of distal symmetric polyneuropathy in this study was 74.9%. Patients with distal symmetric polyneuropathy did not have a lower quality of life, but found significant relationship in the pain component when compared to those without distal symmetric polyneuropathy.