

RINGKASAN**HUBUNGAN LAMA PASIEN MENDERITA DIABETES MELITUS
TERHADAP PERIPHERAL ARTERY DISEASE
DI POLI PENYAKIT DALAM RSUD DR. SOETOMO
(Penelitian Analitik Observasional)**

Diabetes melitus merupakan penyakit gangguan metabolik yang memiliki karakteristik kadar glukosa darah tinggi secara kronis. Diabetes melitus dapat disebabkan oleh gangguan produksi insulin, maupun gangguan kerja metabolisme insulin. Pasien DM sangat rentan mengalami komplikasi. Komplikasi kronis yang disebabkan oleh DM terbagi menjadi komplikasi mikrovaskular dan makrovaskular salah satunya PAD. Tujuan penelitian ini adalah untuk mengetahui hubungan antara lama menderita DM terhadap PAD di Poli Penyakit Dalam RSUD Dr. Soetomo.

Penelitian ini merupakan penelitian jenis analitik observasional dengan metode *cross-sectional*. Sampel diambil menggunakan teknik *consecutive sampling* dengan rumus *estimate a correlation coefficient*. Variabel yang diteliti adalah lama menderita DM, PAD melalui nilai ABI, jenis kelamin, usia, tekanan darah, IMT, dan kontrol gula darah. Metode pengambilan data dilakukan dengan pengukuran langsung nilai ABI, pencatatan rekam medis, dan wawancara.

Hasil: Dari 35 subjek penelitian, didapatkan 42,85% pria, 57,15% wanita. Pada kelompok usia, 20% berusia kurang dari 40 tahun, 20% berusia 40-49 tahun, 42,85% berusia 50-59 tahun, 17,15% berusia 60 tahun ke atas. Tekanan darah pasien didapatkan 14,29% normal, 11,43% terjadi peningkatan tekanan darah, 74,28% hipertensi *stage 1*. IMT normal didapatkan sebanyak 57,15%, dan IMT *overweight* didapatkan sebanyak 42,85%. Sebanyak 45,71% pasien didapatkan kontrol gula darah terkendali dan 54,29% pasien didapatkan kontrol gula darah tidak terkendali. Sebanyak 51,43% memiliki durasi menderita DM kurang dari 3 tahun, sedangkan 48,57% memiliki durasi menderita DM 3 tahun atau lebih. Nilai ABI pada 48,57% didapatkan normal, 28,57% didapatkan *borderline*, dan 22,86% dikategorikan PAD. Pada sampel dengan durasi menderita DM kurang dari 3 tahun, 64,7% didapatkan nilai ABI normal, 17,65% didapatkan nilai ABI *borderline*, dan 17,65% didapatkan nilai ABI kategori PAD. Pada sampel dengan durasi menderita DM 3 tahun atau lebih, 33,33% didapatkan nilai ABI normal, 38,89% didapatkan nilai ABI *borderline*, dan 27,78% didapatkan nilai ABI kategori PAD. *P-value* antara lama menderita DM terhadap PAD adalah 0,189.

Sebagai kesimpulan, dalam penelitian ini tidak ditemukan hubungan signifikan antara lama pasien menderita DM terhadap PAD di Poli Penyakit Dalam RSUD Dr. Soetomo

Kata kunci : Diabetes Melitus, Peripheral Artery Disease, Ankle Brachial Index

ABSTRACT

CORRELATION BETWEEN DURATION OF DIABETES MELLITUS WITH PERIPHERAL ARTERY DISEASE IN INTERNAL MEDICINE OUTPATIENT CLINIC IN RSUD DR. SOETOMO (Analytics Observational Research)

Diabetes mellitus is a metabolic disorder that has characteristics of chronic high blood glucose levels. Diabetes mellitus can be caused by a disruption in insulin production, as well as a disruption of insulin metabolism. DM patients are very susceptible to complications. Chronic complications caused by DM are divided into microvascular and macrovascular complications, one of which is PAD. The purpose of this study was to determine the relationship between long-suffering DM with PAD in Internal Medicine Outpatient Clinic in RSUD Dr. Soetomo.

This research is an observational analytic study with cross-sectional method. Samples were taken using consecutive sampling technique with the formula estimate a correlation coefficient. The variables studied were duration of DM, PAD through ABI values, gender, age, blood pressure, BMI, and blood sugar control. The data collection method is done by direct measurement of ABI values, recording medical records, and interviews.

Results: From 35 research subjects, 42.85% were male, 57.15% female. In age-based group, 20% are aged less than 40 years, 20% are aged 40-49 years, 42.85% are aged 50-59 years, 17.15% are aged 60 years and over. The patient's blood pressure was 14.29% normal, 11.43% has an increase in blood pressure, 74.28% has stage 1 hypertension. BMI was found normal in 57.15% patients, and overweight BMI was found in 42.85% patients. As many as 45.71% of patients had controlled blood sugar and 54.29% of patients had uncontrolled blood sugar. A total of 51.43% had a duration of suffering from DM less than 3 years, while 48.57% had a duration of suffering from DM 3 years or more. ABI values at 48.57% patients were normal, 28.57% patients were borderline, and 22.86% were PAD. In samples with duration of DM less than 3 years, 64.7% obtained normal ABI values, 17.65% obtained borderline ABI values, and 17.65% obtained PAD ABI values. In samples with duration of DM 3 years or above, 33.33% obtained normal ABI values, 38.89% obtained borderline ABI values, and 27.78% obtained PAD ABI values. The p-value between the duration of DM and PAD was 0.189.

In conclusion, in this study, we have found no relationship between duration of Diabetes Mellitus with Peripheral Artery Disease in Internal Medicine Outpatient Clinic in RSUD Dr. Soetomo.

Keywords : Diabetes Mellitus, Peripheral Artery Disease, Ankle Brachial Index