

THESIS

**EVALUATION OF INSULIN ADHERENCE ON A DIABETES
OUTPATIENT AT DR. MOEWARDI HOSPITAL SURAKARTA**



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VALIDITY SHEET THESIS EXAM

It is hereby stated that the thesis with the title :

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ABSTRAK

EVALUASI KEPATUHAN PASIEN RAWAT JALAN DALAM PENGUNAAN INSULIN PADA KASUS DIABETES MELLITUS DI RSUD Dr. MOEWARDI SURAKARTA

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Diabetes Mellitus (DM) adalah penyakit kronis yang memerlukan terapi insulin jangka panjang untuk mengontrol kadar glukosa darah. Pada tahun 2019, jumlah penderita DM di Indonesia mencapai 10,17 juta dan diperkirakan meningkat hingga 16,6 juta pada tahun 2045. Ketidakepatuhan terhadap penggunaan insulin dapat menyebabkan komplikasi serius. Penelitian ini bertujuan untuk mengevaluasi tingkat kepatuhan pasien rawat jalan terhadap penggunaan insulin di RSUD Dr. Moewardi Surakarta serta hubungan faktor sosiodemografi dan pencapaian *outcome klinis*. Desain penelitian ini menggunakan pendekatan observasional analitik dengan metode cross-sectional. Data diperoleh melalui kuesioner *Morisky Medication Adherence Scale-8* (MMAS-8) dan rekam medis pasien. Sebanyak 43 pasien diabetes mellitus dilibatkan dalam penelitian ini. Hasil penelitian menunjukkan bahwa 74,42% pasien patuh dalam menggunakan insulin, sedangkan 25,58% tidak patuh. Tidak ditemukan hubungan yang signifikan antara faktor sosiodemografi (jenis kelamin, usia, pendidikan, pekerjaan, dukungan keluarga, dan lama sakit) dengan tingkat kepatuhan pasien ($p > 0,05$). Outcome klinis yang diukur melalui target HbA1c ($< 7\%$) dan GDP (< 130 mg/dL) juga tidak menunjukkan hubungan yang signifikan dengan kepatuhan penggunaan insulin ($p > 0,05$). Hanya 28,1% pasien patuh yang mencapai target HbA1c dan 21,9% yang mencapai target GDP. Kesimpulannya, meskipun sebagian besar pasien patuh dalam penggunaan insulin, pencapaian target klinis tidak selalu tercapai karena dipengaruhi oleh faktor lain seperti pola makan dan gaya hidup.

Kata kunci: Diabetes Mellitus, Insulin, Kepatuhan, Kuesioner

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ABSTRACT

EVALUATION OF INSULIN ADHERENCE ON A DIABETES OUTPATIENT AT DR. MOEWARDI HOSPITAL SURAKARTA

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Diabetes mellitus (DM) is a chronic disease that requires long-term insulin therapy to control blood glucose levels. In 2019, 10,17 million people in Indonesia suffered from Diabetes Mellitus (DM), with an expected increase to 6,6 million by 2045. Non-compliance with the use of insulin can lead to serious complications. This study aimed to evaluate insulin adherence among outpatients at Dr. Moewardi Surakarta Hospital and explore the relationship between sociodemographic factors and clinical outcomes. A cross-sectional design was employed, utilizing the Morisky Medication Adherence Scale-8 (MMAS-8) and patient medical records. A total of 43 patients with diabetes mellitus participated. The findings revealed that 74.42% of patients were compliant with insulin use, while 25.58% were non-compliant. There was no significant relationship between sociodemographic factors (gender, age, education, occupation, family support, and length of illness) and patient adherence ($p > 0.05$). Clinical outcomes measured through HbA1c ($<7\%$) and GDP (<130 mg/dL) targets also did not show a significant association with insulin adherence ($p > 0.05$). Only 28.1% of compliant patients achieved the HbA1c target, and 21.9% achieved the GDP target. Although a majority of patients demonstrated insulin adherence, achieving clinical targets was not always realized, suggesting that factors beyond adherence, such as diet and lifestyle, play a significant role in overall glycemic control.

Keywords: Diabetes Mellitus, Insulin, Compliance, Questionnaire

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