

ABSTRAK

Diabetes Mellitus adalah merupakan suatu penyakit gangguan metabolik yang setiap tahun penderitanya terus meningkat dengan tajam, penyakit ini menahun dan juga kronis , efek jangka panjang dari penyakit ini dapat mengakibatkan kerusakan serta kegagalan beberapa organ. Salah satunya yaitu ginjal, yang nantinya dapat mengarah pada gagal ginjal atau Penyakit Ginjal Kronis (PGK). Penelitian ini dilakukan dengan tujuan melihat Prevalensi pada Penyakit Ginjal Kronis (PGK) dengan DM tipe 2 yang dilakukan di rumah sakit Sumber Waras Jakarta pada tahun 2018. Penelitian ini adalah studi deskriptif menggunakan metode *cross sectional* dengan sampel berupa data rekam medis dari 359 pasien Diabetes Mellitus tipe 2 (DMT2) di dapatkan sebanyak 68 pasien DM tipe II dengan PGK di rumah sakit Sumber Waras tahun 2018. Hasil penelitian menunjukkan dari 68 sample tersebut didapatkan usia rata-rata responden 59 tahun, dan 58.8 % responden adalah laki-laki. Dari 9 responden yang melakukan pemeriksaan GDS didapatkan rata-rata kadar GDS 210 mg/dl serta pemeriksaan Kadar Kreatinin didapatkan rata rata yaitu 3.5 mg/dl dengan kadar kreatinin tertinggi yaitu 16.6 mg/dl, kemudian didapatkan sebanyak 67.6% responden mengalami anemia. Dari 68 sampel didapatkan sebesar 33.8 % responden stadium 5 dan sebanyak 25% menjalani Hemodialisa. Dari 68 responden didapatkan pemakaian antidiabetik oral terbanyak yaitu Metformin sebanyak 14.9% serta pemakaian insulin terbanyak yaitu Novorapid (Aspart) sebanyak 7.6% dan 16% responden mendapat terapi obat *ACE inhibitor* dan 20% mendapat terapi obat anti hipertensi lainnya. Didapatkan Sebanyak 36 responden rawat jalan dan 12 responden rawat inap serta 3 responden lainnya meninggal.

Kata Kunci : Diabetes Mellitus Tipe 2, Penyakit Ginjal Kronis

ABSTRACT

Diabetes Mellitus is a metabolic disorder where the sufferer continues to increase sharply every year, the long-term effect of this disease is that it can cause damage and failure of some organs, one of which is the Kidney which later leads to kidney failure or Chronic Kidney Disease (CKD). This study was conducted with the aim of looking at the prevalence and clinical features of Chronic Kidney Disease with type 2 DM performed in Sumber Waras Jakarta hospital in 2018. This study was a descriptive study using a cross sectional method with a sample in the form of medical record data from 68 type II DM patients with CKD at Sumber Waras Hospital in 2018. The results showed that from the 68 samples obtained the average age 59 years old respondents, and 58.8% of respondents were male. Out of the the 9 respondents who had taken GDS level tests ,it was found that average level 210 mg / dl and creatinine levels were found to be an average of 3.5 mg / dl with the highest creatinine level of 16.6 mg / dl, and 67.6% of respondents experienced anemia. Of the 68 samples , 33.8% of them were in stage 5 as many as 25% had hemodialysis. The highest number of oral antidiabetic was metformin with 14.9% and the highest use of insulin, Novorapid (aspart) as much as 7.6% and 16% of respondents received ACE inhibitor drug therapy and 20% received other anti-hypertensive drugs.the outcome was as many as 36 respondents were outpatient, and 12 respondents inpatient care and 3 other respondents died.

Keywords: Type 2 Diabetes Mellitus, Chronic Kidney Disease