

ABSTRACT

PRESCRIBING PROFILE OF ORAL ANTIDIABETICS AND INSULIN IN PATIENTS WITH GESTATIONAL DIABETES IN HOSPITAL “X” IN GRESIK

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Gestational diabetes mellitus is a type of diabetes mellitus that occurs in pregnant women. Gestational diabetes mellitus treatments has focused more on pharmacological treatment through the use of insulin either alone or in combination with oral hypoglycemic drugs. This study was aimed to identify the prescription profile of oral antidiabetics and insulin in patients with gestational diabetes mellitus at Hospital “X” in Gresik including drug classes, usage rules, doses, and types of therapy (single or combination). This was a retrospective cross sectional analyzing 30 prescriptions of outpatient gestational DM patients at “X” Hospital in Gresik, East Java who met the inclusion criteria. The results showed that gestational diabetes mellitus tended to be more in pregnant women of 28-41 weeks gestation (third trimester) with a percentage of 43.3%, and the data also showed that patients used more rapid acting insulin (36.7%), compared to oral metformin (3.0%). The insulin dose that was mostly prescribed was 4 units 3 times a day 4 units (36.7%). Among 30 patients with gestational DM analyzed, there were only two patients who met blood sugar levels ≤ 140 mg/dl. The type of therapy most used was a single type of therapy, namely rapid acting insulin in the amount of 24 prescriptions (80.0%). Meanwhile, the type of combination therapy only amounted to 1 prescription (3.3%). In conclusion, it is necessary to pay more attention to the profile of prescribing oral antidiabetics and insulin in gestational DM patients, because there are still many patients who have sugar levels ≥ 200 mg/dl after being treated with oral drugs and insulin.

Keywords : *diabetes mellitus gestational, prescribing, insulin.*