Lampiran 1 : Profil Kepatuhan Pasien Diabetes Melitus Puskesmas Wilayah Surabaya Timur Dalam Menggunakan Obat Dengan Metode *Pill Count*

ORIGINAL ARTICLE
PROFIL KEPATUHAN PASIEN DIABETES MELITUS PUSKESMAS WILAYAH SURABAYA TIMUR DALAM MENGGUNAKAN OBAT DENGAN METODE *PILL COUNT*

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ABSTRAK

Kepatuhan merupakan sikap menjaga dan mematuhi aturan penggunaan obat. Pada penyakit kronis termasuk diabetes melitus, pengobatannya memerlukan waktu yang lama sehingga pasien cenderung tidak patuh terhadap aturan pengobatan. Oleh karena itu, kepatuhan pasien dalam pengobatan sangat diperlukan untuk mencapai keberhasilan terapi. Penelitian ini bertujuan untuk mengetahui profil kepatuhan pasien diabetes melitus Puskesmas wilayah Surabaya Timur dalam menggunakan obat. Profil kepatuhan ini hanya dilihat dari obat untuk terapi jangka panjang yakni antidiabetes oral, antihipertensi, antihiperlipidemia, antiplatelet, diuretik, antigout dan antiangina. Dalam penelitian ini, kepatuhan pasien ditentukan dengan metode perhitungan sisa obat *(pill count)*. Pasien dikatakan patuh jika persentase kepatuhan hasil perhitungan berada dalam rentang 70-120% (Gray, *et al.*, 2001). Penelitian deskriptif, *cross sectional* dilakukan pada Juni 2014. Data diperoleh melalui wawancara. lembar informasi responden, lembar persetujuan untuk menjadi responden, *interviewer*, pedoman pertanyaan wawancara dan lembar pengambilan data digunakan untuk mendokumentasikan data. Berdasarkan hasil penelitian yakni terdapat 138 responden. Kepatuhan terhadap penggunaan obat pada pasien diabetes melitus berdasarkan metode *pill count* tersebut dinyatakan bahwa 45,65 % patuh dan 54,35 % dinyatakan tidak patuh.

Kata kunci: profil kepatuhan pasien diabetes melitus, Puskesmas, *pill count*.

ABSTRACT

Compliance means habit of controlling and following the instruction of the medicine use. In the chronic disease such as Diabetes Mellitus, it requires a long time treatment so patients are less likely to comply with the treatment rules. Therefore, patient compliance is required to achieve therapeutic goal. The aim of this study was to see the profile of diabetic patients' compliance in Primary Health Care Center, East Surabaya (Pucang Sewu Primary Health Care, Menur Primary Health Care, Mojo Primary Health Care and Mulyosari Primary Health Care) for using drugs. Profile of diabetic patients compliance was taken by identifying long term therapy consist of oral anti-diabetic, antihypertensive, anti-hyperlipidemia, antiplatelet, diuretic, anti-gout and anti-angina. Measurements of patients' compliance were pill count method. Patients compliance defined as 70- 120% (Gray, *et al.*, 2001). Cross sectional descriptive study was conducted during June 2014. The result showed that 45.65% of Diabetic patients were compliance and 54.35% of Diabetic patients were not compliance on using drugs by pill count method.

Keywords : *profile of diabetic patients compliance, heath care, pill count.*

PENDAHULUAN

Pharmaceutical Care merupakan bentuk pelayanan dan tanggung jawab langsung profesi apoteker dalam pekerjaan kefarmasian untuk meningkatkan kualitas hidup pasien (Menteri Kesehatan, RI 2004). Pelayanan kefarmasian (*Pharmaceutical Care*) merupakan bagian dari pelayanan kesehatan (*Health Care*) bertujuan untuk

Lampiran 2 : Kepatuhan Terhadap Pengobatan Pasien Diabetes Melitus Tipe 2 di Puskesmas Jakarta Timur

Kepatuhan Terhadap Pengobatan Pasien Diabetes Melitus Tipe 2 di Puskesmas Jakarta Timur

(*The Compliance On Their Medication Of Type 2 Diabetes Mellitus Patients In The Public Health Center In East Jakarta*)

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ABSTRACT

The highest prevalence of diabetes mellitus based on Basic Health Research in Indonesia is in the province of DKI Jakarta. Unadherence with treatment of type 2 diabetes mellitus patients is one of the factors that results in low blood glucose control and an increased risk of complications. This study was conducted to determine the profile of drug use adherence levels in the Makasar Public Health Center in East Jakarta and the factors that influence drug use adherence in patients with type 2 diabetes mellitus. This cross sectional design study was conducted in April 2019 to June 2019 with a total of 175 diabetic melitus type 2 respondents. Data collection was carried out using a structured interview technique using the MMAS-8 adherence questionnaire. Data were processed using statistical software and analyzed using frequency distribution analysis and chi square test. The results showed that 71 respondents (40.6%) had a moderate level of compliance using antidiabetic drugs. The main reason for unadherence was boredom (43.6%). There is a significant relationship between the level of adherence and blood sugar test results. To find out more about the relationship between the level of adherence with blood sugar test results it is necessary to have further research on the relationship of blood sugar test results with adherence prospectively.

Lampiran 3 : *Assessment of Antidiabetic Medication Adherence and Its Determinants among Ambulatory Patients with Type 2 Diabetes at Tikur Anbessa Specialized Hospital, Addis Ababa, Ethiopia*

Assessment of Antidiabetic Medication Adherence and Its Determinants among Ambulatory Patients with Type 2 Diabetes at Tikur Anbessa Specialized Hospital, Addis Ababa, Ethiopia

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Abstract
Poor adherence to treatment of chronic diseases is a worldwide problem of striking magnitude. Adherence to long-term therapy for chronic illnesses in developed countries averages 50%. Poor adherence to recognized standards of diabetes care is the principal cause of development of complications of diabetes and their associated individual, societal and economic costs. Information on adherence to antidiabetic medications among Type 2 diabetes patients in Ethiopia is scanty. This study therefore sought to assess antidiabetic medication adherence and its determinants among 322 ambulatory patients with Type 2 diabetes mellitus attending the diabetic clinic of Tikur Anbessa Specialized Hospital (TASH). It was a cross-sectional study conducted from 1 May-30 June 2014. Assessment of adherence was performed based on patients' response to the validated four-item Morisky instrument. Adherence rate to antidiabetic medications was found to be 66.8%. Younger age, increased number of prescribed medications and job type (being a farmer/daily laborer) were significantly associated with antidiabetic medication non-adherence. Most of the patients missed their medications because of forgetfulness. Taken together, the findings indicated that adherence to antidiabetic drugs was suboptimal which warrants the need for health care providers engaged in diabetic care to aggressively address the issue.
Keywords: TASH, Antidiabetic Medication Adherence, Type 2 Diabetes, Morisky Instrument

INTRODUCTION

Diabetes mellitus (DM) is a metabolic disorder of multiple etiologies characterized by chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism, resulting from defects in insulin secretion, insulin action, or both (1). Complications of DM have become a major public health problem in all countries. Type-2 diabetes is an increasing worldwide public health issue and the number is increasing in every country with 80% of diabetic people living in low and middle income countries. About 4.36% (1.9 million) of the Ethiopian population is estimated to live with diabetes and the number of deaths attributed to diabetes reached 34,262 in 2013 (2).

In both developed and developing countries, non-adherence to medication remains a significant concern for health care providers as well as patients because of its adverse consequences on therapeutic outcomes. Poor adherence to diabetes treatment recommendations would lead to manifestation of micro- and macrovascular complications and increased health care costs (3,4). Accomplishment of treatment plans by patients with type 2 diabetes are essential in order to ensure normal or near normal fasting and postprandial blood glucose levels necessary for adequate control of diabetes, and subsequent reduction in mortality and reduced risk of complications (5). However, the need to make patients adequately committed to take their medications regularly and appropriately as well as adjusting their long standing lifestyles is among the most common challenges encountered by physicians and other healthcare providers involved in diabetes care (6). Assessment of the reasons for lack of adequate treatment adherence therefore is important before embarking on specific interventions that may fail, if specific regimen barriers are not identified.

To the best of our knowledge, evidence-based research on antidiabetic medication adherence among type 2 diabetes patients in Ethiopia is scanty. The present study was therefore carried out with the objective of assessing the rate of antidiabetic medication adherence and factors associated with poor medication adherence together with reasons for non-adherence among ambulatory type 2 diabetic patients in Tikur Anbessa Specialized Hospital (TASH), Ethiopia. The findings would have contribution to the existing body of knowledge in the area and improve medication adherence through identifying areas of intervention.

METHODS AND MATERIALS

The study was conducted in the Diabetes Clinic of TASH. TASH is a 600-bed, tertiary level and the largest general public hospital in Ethiopia. The hospital is located in Addis Ababa and affiliated with College of Health Sciences of Addis Ababa University (AAU). A cross sectional study was conducted using patient interview