

ABSTRACT

PROFILE OF ADHERENCE TO TAKE MEDICATION IN TYPE 2 DIABETES MELLITUS PATIENTS WITH OR WITHOUT DIGITAL APPLICATION FOR THE PERIOD OF FEBRUARY - APRIL 2022 (The study at the Internist Poly at Mitra Keluarga Waru Hospital)

Lelly Rima Setiani

Diabetes Mellitus is a chronic metabolic disorder characterized by elevated blood sugar levels due to defects in insulin secretion, insulin action, or both. The purpose of the study was to determine the profile of the level of medication adherence in type 2 diabetes mellitus patients with or without digital applications. This study used Quasi True Experiment Method and data was collected prospectively during February to April 2022 with the number of samples obtained as many as 24 patients in the control group and 24 patients in the intervention group. The results of this study, for the highest level of adherence in the control group, namely moderate adherence as many as 15 patients (62.5%) and remaining moderately obedient during post as many as 20 patients (83.33%), while in the pre intervention group, moderate adherence as many as 16 patients (66.67%) and became highly adherent at post as many as 22 patients (91.67%). The results of the study for the profile of patients' fasting blood sugar levels, namely the control group obtained an average of 131.17mg/dL and increased after 134.21mg/dL. In the pre intervention group obtained an average of 141.29mg/dL and decreased after 128.46mg/dL.

Keywords: Adherence, Diabetes Mellitus, MGLS, Digital Applications