

## **PROFIL PENDERITA DIABETES MELITUS TIPE 2 DI PUSKESMAS TOMALOU TIDORE SELATAN TAHUN 2019**

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### **ABSTRAK**

**Latar belakang:** Diabetes melitus (DM) merupakan kelompok penyakit metabolik yang disebabkan oleh kelainan sekresi insulin, kerja insulin atau keduanya. DM menjadi masalah kesehatan masyarakat yang penting dengan jumlah kasus maupun prevalensinya yang terus mengalami peningkatan selama beberapa tahun terakhir. **Tujuan penelitian:** Untuk mengetahui profil penderita DM tipe 2 di Puskesmas Tomalou tahun 2019 berdasarkan umur, jenis kelamin, pengobatan dan komplikasi. **Metode:** Penelitian ini menggunakan metode deskriptif dengan sampel sebanyak 156 orang penderita DM tipe 2 yang berobat di Puskesmas Tomalou tahun 2019 menggunakan teknik total sampling dari data rekam medis. **Hasil dan kesimpulan:** Dari hasil penelitian didapatkan bahwa proporsi penderita DM Tipe 2 tertinggi pada kelompok umur 50-59 tahun sebanyak 67 orang (42,9%), jenis kelamin terbanyak yakni perempuan sebanyak 86 orang (55,1%), pengobatan tertinggi menggunakan obat antihiperqlikemik oral (OHO) sebanyak 64 orang (41,0%), dan yang memiliki komplikasi sebanyak 95 orang (60,9%) dengan komplikasi tertinggi yaitu hipertensi sebanyak 51 orang (32,7%).

**Kata Kunci:** *DM Tipe 2, Puskesmas Tomalou, Tidore Selatan*

**PROFILE OF TYPE 2 DIABETES MELLITUS PATIENTS AT PUBLIC  
HEALTH CENTER TOMALOU TIDORE SELATAN IN 2019**

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**ABSTRACT**

**Background:** Diabetes mellitus (DM) is a group of metabolic diseases caused by abnormalities in insulin secretion, insulin action or both. DM is an important public health problem with the number of cases and its prevalence which has continued to increase over the last few years. **Research objectives:** To determine the profile of type 2 DM patients at Tomalou Health Center in 2019 based on age, gender, treatment and complications experienced. **Methods:** This study used a descriptive method with a sample of 156 people with type 2 diabetes who sought treatment at the Tomalou Health Center in 2019 using a total sampling technique from medical record data. **Results and conclusions:** From the results of the study, it was found that the highest proportion of people with Type 2 diabetes was in the 50-59 years age group as many as 67 people (42.9%), the highest gender was women as many as 86 people (55.1%), the highest treatment was using Oral antihyperglycemic drugs (OHO) were 64 people (41.0%), and those with complications were 95 cases (60.9%) with the highest complication was hypertension as many as 51 people (32.7%).

**Keywords:** Type 2 DM, Tomalou Community Health Center, South Tidore