

ABSTRAK

Diabetes mellitus tipe 2 ialah kondisi sel tubuh tidak dapat merespon insulin yang menyebabkan hiperglikemia, tahun 2019 prevalensi diabetes mellitus secara global 9,3%, beserta 463 juta pengidap dan 4,2 juta kematian, sebanyak 11,3% di Asia Tenggara. Indonesia berada di peringkat ke 7 di dunia dengan 10,7 juta penderita. Pemeriksaan laboratorium untuk menunjang diagnosis penyakit diabetes mellitus yaitu pemeriksaan kadar ureum dan kreatinin. Tujuan dari penelitian ini adalah mengetahui gambaran kadar ureum dan kreatinin pada penderita diabetes mellitus tipe 2 dengan komplikasi nefropati di RSUD Pasar Minggu.

Penelitian ini dilakukan dengan menggunakan data sekunder melibatkan 87 pasien usia ≥ 45 tahun yang terkonfirmasi menderita diabetes mellitus tipe 2 dengan komplikasi nefropati dan melakukan pemeriksaan kadar ureum dan kreatinin di laboratorium RSUD Pasar Minggu, didapatkan hasil penderita diabetes mellitus tipe 2 paling banyak terjadi pada perempuan usia 45-59 tahun 60%, berdasarkan usia kadar ureum tinggi terjadi pada usia ≥ 60 tahun 81%, kadar kreatinin tinggi terjadi pada usia 45-59 tahun 93,3%, sedangkan berdasarkan jenis kelamin, kadar ureum didominasi laki-laki 88,9%, kreatinin didominasi perempuan 100%.

Kesimpulan dari penelitian ini didapatkan kadar ureum dominan laki-laki ≥ 60 tahun dan kreatinin dominan perempuan 45-59 tahun. Di usia tersebut disarankan untuk rutin melakukan pemeriksaan.

Kata Kunci : Diabetes Mellitus Tipe 2, Ureum, Kreatinin, Nefropati
Kepustakaan : 22
Tahun : 2015 - 2024

ABSTRACT

Type 2 diabetes mellitus is a condition where body cells cannot respond to insulin which causes hyperglycemia, in 2019 the global prevalence of diabetes mellitus was 9.3%, with 463 million sufferers and 4.2 million deaths, 11.3% in Southeast Asia. Indonesia is ranked 7th in the world with 10.7 million sufferers. Laboratory tests to support the diagnosis of diabetes mellitus are examination of urea and creatinine levels. The purpose of this study was to determine the picture of urea and creatinine levels in patients with type 2 diabetes mellitus with nephropathy complications at Pasar Minggu Hospital.

This study was conducted using secondary data involving 87 patients aged ≥ 45 years who were confirmed to have type 2 diabetes mellitus with nephropathy complications and underwent urea and creatinine level examinations in the Pasar Minggu Regional Hospital laboratory. The results showed that type 2 diabetes mellitus sufferers were mostly women aged 45-59 years 60%, based on age, high urea levels occurred at age ≥ 60 years 81%, high creatinine levels occurred at age 45-59 years 93.3%, while based on gender, urea levels were dominated by men 88.9%, creatinine was dominated by women 100%.

The conclusion of this study was that urea levels were dominant in men ≥ 60 years and creatinine levels were dominant in women 45-59 years. At this age, it is recommended to have regular check-ups.

Keywords : Diabetes Mellitus Type 2, Urea, Creatinine, Nephropathy

Literature : 22

Year : 2015 - 2024