ABSTRAK

Indonesia menempati urutan kelima penderita diabetes melitus terbanyak di dunia, dengan 19,5 juta penderita pada tahun 2021. Diabetes melitus tipe II, penyakit metabolik yang progresif, sering disebut "silent killer" karena komplikasinya. Peningkatan prevalensi diabetes di Karawang mengindikasikan kebutuhan untuk menganalisis efek samping obat antidiabetes. Penelitian ini bertujuan untuk mengetahui jenis-jenis efek samping obat antidiabetes tipe 2 pada pasien di RSUD Karawang dan membandingkannya dengan literatur. Penelitian kuantitatif observasional ini menggunakan pendekatan cross-sectional secara prospektif dan retrospektif. Data dikumpulkan melalui kuesioner yang dibagikan kepada pasien diabetes melitus tipe II di RSUD Karawang. Analisis data dilakukan secara deskriptif menggunakan skala Naranjo untuk menilai efek samping obat. Hasil penelitian menunjukkan bahwa Efek samping obat yang paling umum adalah mual dari penggunaan metformin (25%), konstipasi dari glimepiride (27,3%), pusing dari glibenklamide (33,4%), diare dari acarbose (45,4%) dan mual muntah dari obat kombinasi metformin dan glimepiride (38,0%). Skor Naranjo menunjukkan bahwa sebagian besar efek samping obat bersifat probable. Kesimpulannya, efek samping obat antidiabetes tipe II di RSUD Karawang bervariasi tergantung jenis obat yang digunakan, Penggunaan metformin paling sering menimbulkan mual, glimepiride menyebabkan konstipasi, glibenclamide menyebabkan pusing, acarbose menyebabkan diare dan obat kombinasi metformin dan glimepiride mual muntah. Dan efek samping yang dialamin pasien RSUD Karawang hampir serupa dengan literatur.

Kata Kunci: diabetes mellitus tipe II, efek samping obat, algoritma naranjo

ABSTRACT

Indonesia ranks fifth in the world for diabetes mellitus sufferers, with 19.5 million sufferers in 2021. Type II diabetes mellitus, a progressive metabolic disease, is often called a "silent killer" because of its complications. The increasing prevalence of diabetes in Karawang indicates the need to analyze the side effects of antidiabetic drugs. This study aims to determine the types of side effects of type 2 antidiabetic drugs in patients at Karawang Regional Hospital and compare them with the literature. This observational quantitative study used a cross-sectional approach prospectively and retrospectively. Data were collected through questionnaires distributed to type II diabetes mellitus patients at Karawang Regional Hospital. Data analysis was carried out descriptively using the Naranjo scale to assess drug side effects. The results showed that the most common drug side effects were nausea from metformin use (25%), constipation from glimepiride (27.3%), dizziness from glibenclamide (33.4%), diarrhea from acarbose (45.4%) and nausea vomiting from the combination of metformin and glimepiride (38.0%). Naranjo score shows that most of the side effects of drugs are probable. In conclusion, the side effects of type II antidiabetic drugs in Karawang Regional Hospital vary depending on the type of drug used. The use of metformin most often causes nausea, glimepiride causes constipation, glibenclamide causes dizziness, acarbose causes diarrhea and the combination of metformin and glimepiride causes nausea and vomiting. And the side effects experienced by patients at Karawang Regional Hospital are almost similar to the literature.

Keywords: *diabetes mellitus type II, side effects of drugs, naranjo algorithm*