

ABSTRAK

Indonesia menempati urutan kelima penderita diabetes melitus terbanyak di dunia, dengan 19,5 juta penderita pada tahun 2021. Diabetes melitus tipe 2, 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 Puskesmas Gempol 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 2 di Puskesmas Gempol 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 (31,1%), pusing dari glimepiride (28,6%), Skor Naranjo menunjukkan bahwa sebagian besar efek samping obat bersifat *probable*. Kesimpulan, efek samping obat antidiabetes tipe 2 di Puskesmas Gempol Karawang golongan obat antidiabetes biguanid (metformin) dan sulfonilurea (glimepiride), dengan efek samping yang bervariasi tergantung jenis obatnya. Metformin paling sering menimbulkan mual, sedangkan glimepiride menyebabkan pusing. Berdasarkan Skala Naranjo, sebagian besar efek samping tergolong *probable*. Temuan ini konsisten dengan data literatur dan menegaskan pentingnya pemantauan serta edukasi pasien terkait potensi efek samping obat antidiabetes.

Kata Kunci: diabetes mellitus tipe 2, efek samping obat, algoritma naranjo

KARAWANG

ABSTRACT

Indonesia ranks fifth in the world for the number of diabetes mellitus cases, with 19.5 million patients reported in 2021. Type 2 diabetes mellitus is a progressive metabolic disease often referred to as a silent killer due to its complications. The increasing prevalence of diabetes in Karawang indicates the need to analyze the adverse effects of antidiabetic drugs. This study aims to identify the types of adverse effects of type 2 antidiabetic drugs among patients at Puskesmas Gempol Karawang and compare them with the literature. This quantitative observational study employed a cross-sectional design with both prospective and retrospective approaches. Data were collected through questionnaires distributed to type 2 diabetes mellitus patients at Puskesmas Gempol Karawang. Data analysis was performed descriptively using the Naranjo Scale to assess the relationship between drug use and adverse effects. The results showed that the antidiabetic drugs used were biguanides (metformin) and sulfonylureas (glimpiride). The most common adverse effects were nausea from metformin (31.1%) and dizziness from glimepiride (28.6%). Based on the Naranjo Scale, most adverse effects were classified as probable. In conclusion, the adverse effect profile of type 2 antidiabetic drugs at Puskesmas Gempol Karawang is consistent with the literature, with variations in adverse effects depending on the type of drug used. These findings emphasize the importance of regular monitoring and patient education regarding the potential adverse effects of antidiabetic medications.

Keywords: diabetes mellitus type 2, adverse drug reactions, naranjo algorithm



KARAWANG