

ABSTRAK

Diabetes Melitus tipe II merupakan penyakit kronis yang banyak terjadi pada lansia dan memerlukan pengelolaan jangka panjang untuk mencapai target pengendalian glukosa darah. Penelitian ini bertujuan untuk mengetahui gambaran tingkat keberhasilan pengobatan pasien lansia dengan Diabetes Melitus tipe II di RSUD Bandung Kiwari periode Januari–Desember 2025.

Penelitian ini menggunakan desain deskriptif observasional dengan pendekatan retrospektif cross sectional. Data diperoleh dari rekam medis 100 pasien lansia yang memenuhi kriteria inklusi. Analisis dilakukan secara deskriptif menggunakan parameter wajib Gula Darah Sewaktu (GDS) dan Gula Darah Puasa (GDP), serta HbA1c sebagai parameter tambahan apabila tersedia.

Hasil penelitian menunjukkan bahwa 40 pasien (40%) termasuk dalam kategori berhasil mencapai target pengobatan, sedangkan 60 pasien (60%) belum mencapai target. Mayoritas pasien berusia 60–69 tahun (85%), berjenis kelamin perempuan (64%), melakukan kontrol rutin (91%), dan menggunakan terapi insulin (65%). Data HbA1c lengkap tersedia pada 7 pasien, dengan 4 pasien (57,14%) mengalami penurunan HbA1c dan 3 pasien (42,86%) mengalami peningkatan HbA1c.

Penelitian ini memberikan gambaran bahwa sebagian besar pasien lansia dengan Diabetes Melitus tipe II belum mencapai target pengobatan.

Kata kunci: Diabetes Melitus tipe II, lansia, keberhasilan pengobatan, GDS, GDP

ABSTRACT

Type II Diabetes Mellitus is a chronic disease commonly found in older adults and requires long-term management to achieve glycemic control targets. This study aimed to describe the level of treatment success among elderly patients with Type II Diabetes Mellitus at Bandung Kiwari Regional General Hospital during January–December 2025.

This study employed a descriptive observational design with a retrospective cross-sectional approach. Data were obtained from the medical records of 100 elderly patients who met the inclusion criteria. Descriptive analysis was performed using Random Blood Glucose (RBG) and Fasting Blood Glucose (FBG) as mandatory parameters, while HbA1c was used as an additional parameter when available.

The results showed that 40 patients (40%) achieved the treatment targets, while 60 patients (60%) did not achieve the expected targets. Most patients were aged 60–69 years (85%), female (64%), had regular follow-up visits (91%), and received insulin therapy (65%). Complete HbA1c data were available in 7 patients, of whom 4 patients (57.14%) showed decreased HbA1c levels and 3 patients (42.86%) showed increased HbA1c levels.

This study provides an overview that most elderly patients with Type II Diabetes Mellitus had not achieved treatment targets. Therefore, regular blood glucose monitoring and periodic evaluation of therapy are needed to support patient management.

Keywords: Type II Diabetes Mellitus, elderly, treatment success, random blood glucose, fasting blood glucose.