

ABSTRAK

Diabetes Melitus (DM) merupakan salah satu penyakit kronis dengan prevalensi tinggi di Indonesia. Untuk menanggulangi beban pembiayaan dan mencegah komplikasi, BPJS Kesehatan mengembangkan (Prolanis) yang dilaksanakan di Fasilitas Kesehatan Tingkat Pertama seperti Puskesmas. Penelitian ini bertujuan untuk mengetahui gambaran pelaksanaan Prolanis pada pasien DM di Puskesmas Nagrak. Sampel penelitian sebanyak 43 pasien DM peserta. Data diperoleh dari rekam medis dan resep pasien.

Mayoritas pasien DM peserta Prolanis adalah perempuan (88,37%) dan berada dalam rentang usia 40–59 tahun (90,7%). Pengobatan paling banyak digunakan adalah kombinasi Metformin 500 mg dan Glimepirid 2 mg (69,8%). Sebagian besar pasien memiliki penyakit penyerta hipertensi (83,7%). Rata-rata kadar gula darah puasa pasien adalah 177,8 mg/dL dan kadar HbA1C rata-rata 7,29%, yang menunjukkan bahwa pengendalian glukosa darah belum optimal, sehingga dibutuhkan evaluasi dan peningkatan intervensi farmakologis maupun non farmakologis.

Kata Kunci: Diabetes Melitus Tipe 2, Prolanis, Puskesmas, Obat Hipoglikemik Oral (OHO), Metformin, Glimepirid, HbA1C, Kadar Gula Darah Puasa,

ABSTRACT

Diabetes Mellitus (DM) is one of the chronic diseases with a high prevalence in Indonesia. To reduce healthcare costs and prevent complications, BPJS Kesehatan has developed the Chronic Disease Management Program (Prolanis), which is implemented in Primary Healthcare Facilities such as Community Health Centers (Puskesmas). This study aims to describe the implementation of Prolanis for DM patients at Nagrak Community Health Center. The research sample consisted of 43 DM patients enrolled in the program. Data were obtained from medical records and patient prescriptions.

The majority of Prolanis DM patients were female (88.37%) and aged between 40–59 years (90.7%). The most commonly used treatment was a combination of Metformin 500 mg and Glimepiride 2 mg (69.8%). Most patients also had comorbid hypertension (83.7%). The average fasting blood glucose level was 177.8 mg/dL, and the average HbA1C level was 7.29%, indicating suboptimal blood glucose control. Therefore, evaluation and improvement of both pharmacological and non-pharmacological interventions are needed.

Keywords: Type 2 Diabetes Mellitus, Prolanis, Community Health Center, Oral Hypoglycemic Agents (OHA), Metformin, Glimepiride, HbA1C, Fasting Blood Glucose Level.