

ABSTRAK

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Program Studi : Farmasi Klinis
Judul : Evaluasi Efektivitas Kombinasi Obat Anti-Diabetes dan Anti-Hipertensi pada Pasien DM tipe 2 di RS Royal Prima Medan

Hipertensi, yang meningkatkan risiko komplikasi kardiovaskular dan gagal ginjal, adalah kondisi yang sering disertai dengan diabetes mellitus (DM). Kedua kondisi ini sangat umum di Indonesia, dan untuk mengoptimalkan kontrol HbA1c dan tekanan darah, terapi yang dikombinasikan dengan obat anti-diabetes (metformin, sulfonilurea, SGLT2i) dan anti-hipertensi (ACE-I, ARB, CCB) diperlukan. Namun, kombinasi ini belum banyak diuji di rumah sakit lokal seperti RS Royal Prima, meskipun menurut rekomendasi klinis lokal sangat penting. Studi observasional analitik retrospektif menggunakan rekam medis 150 pasien DM tipe 2 dengan hipertensi yang menerima terapi kombinasi selama minimal enam bulan (Januari–Desember 2025). Data termasuk demografi pasien (usia dan jenis kelamin), pola kombinasi obat, tekanan darah sistolik/diastolik, fungsi ginjal, HbA1c sebelum dan sesudah, dan informasi lain seperti fungsi ginjal. Analisis ini menggunakan regresi logistik, deskriptif, dan uji paired t-test/Wilcoxon. Mayoritas populasi (70%) adalah wanita berusia 56 hingga 65 tahun. Salah satu kombinasi yang paling umum adalah ARB+CCB (18%). Penurunan HbA1c rata-rata 1,8% dan tekanan darah sistolik 20 mmHg diamati. Sebanyak 52% pasien mencapai HbA1c di bawah 7%, 64% mencapai tekanan darah di bawah 140/90 mmHg, dan 48% berhasil dengan kombinasi ARB+CCB. Keberhasilan terapi berkurang dengan bertambahnya usia dan gangguan fungsi ginjal. Pada pasien dengan DM tipe 2 dan hipertensi di RS Royal Prima, HbA1c dan tekanan darah dikontrol dengan baik oleh terapi kombinasi ARB+CCB dengan anti-diabetes. Penemuan ini mendukung optimalisasi regimen kombinasi untuk mencegah komplikasi kardiorrenal di rumah sakit setempat.

Kata kunci:

DM tipe 2, hipertensi, terapi kombinasi, RS Royal Prima.

ABSTRACT

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Study Programme : Clinical Pharmacy
Title : Evaluation of the Effectiveness of
Combination of Anti-Diabetes and Anti-
Hypertensive Drugs in Type 2 DM Patients
at Royal Prima Hospital Medan

Hypertension, which increases the risk of cardiovascular complications and kidney failure, is a condition frequently accompanied by diabetes mellitus (DM). Both conditions are very common in Indonesia, and to optimize HbA1c and blood pressure control, combination therapy with anti-diabetic drugs (metformin, sulfonylurea, SGLT2i) and anti-hypertensive drugs (ACE-I, ARB, CCB) is necessary. However, this combination has not been widely tested in local hospitals such as Royal Prima Hospital, despite being highly important according to local clinical recommendations. This retrospective analytical observational study used the medical records of 150 patients with type 2 DM with hypertension who received combination therapy for at least six months (January–December 2025). Data included patient demographics (age and gender), medication combination patterns, systolic/diastolic blood pressure, kidney function, pre- and post-treatment HbA1c, and other information such as kidney function. This analysis used logistic regression, descriptive analysis, and paired t-test/Wilcoxon test. The majority of the population (70%) were women aged 56 to 65 years. One of the most common combinations was ARB+CCB (18%). A mean reduction in HbA1c of 1.8% and systolic blood pressure of 20 mmHg was observed. Fifty-two percent of patients achieved HbA1c below 7%, 64 percent achieved blood pressure below 140/90 mmHg, and 48 percent achieved success with the ARB+CCB combination. The effectiveness of therapy decreased with increasing age and impaired renal function. In patients with type 2 diabetes and hypertension at Royal Prima Hospital, HbA1c and blood pressure were well controlled by the combination therapy of ARB+CCB with anti-diabetic agents. These findings support the optimization of combination regimens to prevent cardiorenal complications in local hospitals.

Keywords:

Type 2 DM, hypertension, combination therapy, Royal Prima Hospital