

**ANALISIS STATUS METABOLIK PADA PASIEN DIABETES MELITUS  
DAN HUBUNGANNYA DENGAN SPEKTRUM KELAINAN KULIT:  
STUDI CAMPURAN DI KLINIK SYAHIRA MEDIKA**

**ABSTRAK**

**Latar Belakang:** Diabetes melitus (DM) merupakan penyakit metabolik kronis yang sering disertai berbagai kelainan kulit yang dapat mencerminkan buruknya kontrol metabolik. Penelitian ini bertujuan untuk menganalisis hubungan status metabolik dengan spektrum kelainan kulit pada pasien DM di Klinik Syahira Medika.

**Metode:** Penelitian menggunakan metode campuran (*mixed methods*) dengan desain *sequential explanatory* terhadap 51 pasien DM tipe 2. Status metabolik dinilai berdasarkan kadar HbA1c, glukosa darah puasa (GDP), kolesterol total, indeks massa tubuh (IMT), dan tekanan darah. Kelainan kulit diidentifikasi melalui pemeriksaan klinis. Analisis data kuantitatif menggunakan uji Chi-Square dan Fisher's Exact Test, sedangkan data kualitatif diperoleh melalui wawancara mendalam.

**Hasil:** Hasil menunjukkan prevalensi kelainan kulit sebesar 84,3%, dengan *skin tag* (31,4%), dermatopati diabetik (27,5%), dan infeksi bakteri (25,5%) sebagai manifestasi terbanyak. Terdapat hubungan yang bermakna antara kejadian kelainan kulit dengan HbA1c ( $p=0,002$ ), GDP ( $p<0,001$ ), kolesterol total ( $p=0,023$ ), IMT ( $p=0,007$ ), dan tekanan darah ( $p=0,003$ ). Hasil wawancara menunjukkan bahwa kelainan kulit memberikan dampak terhadap aktivitas sehari-hari dan kualitas hidup pasien.

**Kesimpulan:** Penelitian ini menunjukkan bahwa status metabolik yang buruk berhubungan signifikan dengan meningkatnya kejadian kelainan kulit pada pasien diabetes melitus. Pengendalian metabolik yang optimal dan deteksi dini kelainan kulit diperlukan untuk mencegah komplikasi serta meningkatkan kualitas hidup pasien.

**Kata kunci:** diabetes melitus, status metabolik, kelainan kulit, HbA1c, glukosa darah puasa.

**METABOLIC STATUS AND ITS ASSOCIATION WITH THE SPECTRUM  
OF CUTANEOUS DISORDERS IN PATIENTS WITH DIABETES  
MELLITUS: A MIXED-METHODS STUDY AT SYAHIRA MEDIKA CLINIC**

**ABSTRACT**

**Background:** Diabetes mellitus (DM) is a chronic metabolic disorder that is frequently associated with various cutaneous manifestations, which may reflect poor metabolic control. This study aimed to analyze the relationship between metabolic status and the spectrum of skin disorders among patients with DM at Syahira Medika Clinic.

**Methods:** This study employed a mixed-methods approach with a sequential explanatory design involving 51 patients with type 2 diabetes mellitus. Metabolic status was assessed based on glycated hemoglobin (HbA1c), fasting blood glucose (FBG), total cholesterol, body mass index (BMI), and blood pressure. Cutaneous manifestations were identified through clinical examinations. Quantitative data were analyzed using Chi-square and Fisher's Exact tests, while qualitative data were obtained through in-depth interviews.

**Results:** The prevalence of cutaneous manifestations was 84.3%, with skin tags (31.4%), diabetic dermopathy (27.5%), and bacterial infections (25.5%) being the most common findings. Significant associations were found between cutaneous manifestations and HbA1c ( $p=0.002$ ), FBG ( $p<0.001$ ), total cholesterol ( $p=0.023$ ), BMI ( $p=0.007$ ), and blood pressure ( $p=0.003$ ). Interview findings revealed that skin disorders negatively affected patients' daily activities and quality of life.

**Conclusion:** This study demonstrated that poor metabolic status was significantly associated with an increased occurrence of cutaneous manifestations in patients with diabetes mellitus. Optimal metabolic control and early detection of skin disorders are essential to prevent complications and improve patients' quality of life.

**Keywords:** diabetes mellitus, metabolic status, cutaneous manifestations, HbA1c, fasting blood glucose.