

ABSTRAK

Diabetes Mellitus (DM) adalah penyakit kronis yang ditandai dengan kadar glukosa (gula darah) dalam darah melebihi normal. Nefropati diabetik merupakan komplikasi mikrovaskuler kronis yang sering terjadi pada penderita diabetes. Penelitian ini menyajikan gambaran nefropati diabetik pada pasien DM tipe 2 di RS Royal Prima Medan. Penelitian ini merupakan jenis penelitian deskriptif. Sampel dari penelitian ini adalah data total pasien penderita nefropati diabetik yang memenuhi kriteria inklusi dan eksklusi di Royal Prima Hospital dari 1 Januari 2020 – 31 Desember 2020. Kriteria inklusi subjek penelitian ini adalah pasien lengkap, rekam medis, pasien diabetes tipe 2, tes urinalisis. (proteinuria +2), pemeriksaan fungsi ginjal melebihi nilai normal, ureum darah, dan kreatinin. Usia rata-rata pasien nefropati diabetik adalah 57,52 tahun dan mayoritas adalah 62 laki-laki (50,8%). Gambaran rata-rata kadar ureum pada pasien nefropati diabetik adalah 51,8 dan rata-rata kadar kreatinin 1,48. Mayoritas pasien dengan nefropati diabetik tidak memiliki proteinuria. Dan rata-rata kadar gula darah adalah 267 mg/dL. Kesimpulannya, kejadian nefropati diabetik tertinggi pada pasien berusia 57 tahun. Nilai rerata kadar ureum 51,80 mg/dl, kreatinin 1,48 mg/dl, dan rerata kadar gula darah 267 mg/dl. Proteinuria terbanyak berada pada kategori negatif yaitu sebanyak 107 orang (87%).

Kata kunci : Nefropati Diabetes mellitus, Nefropati diabetik, Komplikasi, Studi deskriptif

ABSTRACT

Diabetes Mellitus (DM) is a chronic disease characterized by blood glucose (blood sugar) levels exceeding normal. Diabetic nephropathy is a chronic microvascular complication that often occurs in diabetics. This study presents a picture of diabetic nephropathy in type 2 DM patients at the Royal Prima Hospital in Medan. This research is a type of descriptive research. The sample from this study was the total data of patients suffering from diabetic nephropathy who met the inclusion and exclusion criteria at Royal Prima Hospital from January 1, 2020 – to December 31, 2020. The inclusion criteria for the subjects of this study were complete patient medical records, type 2 diabetes patients, urinalysis tests. (proteinuria $\geq$ +2), renal function examination exceeds normal values, blood urea, and creatinine. The mean age of diabetic nephropathy patients was 57.52 years and the majority were 62 men (50.8%). The average picture of urea levels in diabetic nephropathy patients is 51.8 and the average creatinine level is 1.48. The majority of patients with diabetic nephropathy do not have proteinuria. And the average blood sugar level is 267 mg/dL. In conclusion, the incidence of diabetic nephropathy is highest in patients aged 57 years. The mean value of urea level is 51.80 mg/dl, creatinine value is 1.48 mg/dl, and the average blood sugar level is 267 mg/dl. Most proteinuria was in the negative category of as many as 107 people (87%).

Keywords: Nephropathy Diabetes mellitus, Diabetic nephropathy, Complication, Descriptive study