

ABSTRAK

Pasien DM tipe 2 dengan kadar Hb1Ac yang tidak terkontrol dapat berisiko mengalami komplikasi, karena kadar HbA1c yang semakin tinggi dapat meningkatkan tingginya hemoglobin penderita DM. Penelitian ini bertujuan untuk menganalisis jumlah HbA1c pada penderita DM tipe 2. Studi ini merupakan penelitian deskriptif dengan desain *cross-sectional*. Lokasi penelitian dilakukan di Rumah Sakit Umum Haji Medan pada bulan Juni 2024. seluruh pasien yang didiagnosa diabetesmelitus tipe 2 dan sudah melakukan pemeriksaan darah di laboratorium Rumah Sakit Umum Haji Medan pada tahun 2023 sebanyak 336 orang. Besar sampel penelitian sebanyak 183 orang dengan teknik *purposive sampling*. Data dikumpulkan melalui data sekunder yaitu catatan atau rekam medis pasien diabetes melitus tipe 2 di Rumah Sakit Umum Haji Medan pada tahun 2023 setelahterapi selama 8-12 minggu. Data dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa sebanyak 52,5% responden berjenis kelamin perempuan. Sebanyak 74,9% responden berusia >50 tahun, dan usia 41-50 tahun sebanyak 23,5%, dan sebanyak 76% responden memiliki kadar Hb1Ac yang tidak terkontrol.

Kata kunci: Kadar Hb1Ac, diabetes mellitus tipe 2.

ABSTRACT

Type 2 DM patients with uncontrolled Hb1Ac levels can be at risk of complications because higher HbA1c levels can increase the high hemoglobin of DM patients. This study aims to analyze the amount of HbA1c in patients with type 2 DM. This study is a descriptive study with a cross-sectional design. The location of the study was at the Medan Haji General Hospital in June 2024. All patients diagnosed with type 2 diabetes mellitus and who had done blood tests in the Medan Haji General Hospital laboratory in 2023 were 336 people. The study sample size was 183 people, and a purposive sampling technique was used. Data were collected through secondary data, namely records or medical records of patients with type 2 diabetes mellitus at the Haji General Hospital Medan in 2023 after therapy for 8-12 weeks. Data were analyzed descriptively. The results showed that 52.5% of respondents were female. As many as 74.9% of respondents were >50 years old, and as many as 23.5% were 41-50 years old, and as many as 76% of respondents had uncontrolled Hb1Ac levels.

Keywords: *Hb1Ac levels, type 2 diabetes mellitus*