

## INTISARI

Diabetes mellitus (DM) tipe 2 merupakan suatu penyakit kronis yang membutuhkan pengobatan dalam jangka waktu yang panjang sehingga memerlukan suatu perawatan yang bersifat komprehensif. Salah satu contoh pelayanan kefarmasian yang dapat diberikan adalah melalui kegiatan *home pharmacy care* pada fasilitas kesehatan tingkat pertama. Penelitian ini bertujuan untuk melihat pengaruh *home pharmacy care* terhadap tingkat kepatuhan dan *outcome* terapi pasien DM tipe 2.

Penelitian ini menggunakan desain eksperimen semu dengan metode pengumpulan data secara prospektif yang dilakukan di Puskesmas Banguntapan 2 Bantul dengan metode *non-randomized pretest-posttest control group design*. Responden dalam penelitian ini adalah pasien DM tipe 2 di Puskesmas Banguntapan 2 Bantul yang berjumlah 26 orang dan dibagi menjadi kelompok kontrol dan perlakuan dengan masing-masing kelompok berjumlah 13 responden. Kegiatan *home pharmacy care* dilakukan dalam bentuk konseling di rumah pasien dan juga mengecek kadar gula darah pasien dengan durasi rata-rata 20 menit per pasien setiap kali kunjungan, dimana kunjungan dilakukan sebanyak 4 kali selama 1 bulan. Pengukuran kepatuhan menggunakan kuesioner MMAS-8. Data yang diperoleh dianalisis dengan uji *Mann-Whitney*.

Hasil penelitian menunjukkan bahwa pemberian pelayanan *home pharmacy care* terhadap pasien DM tipe 2 di Puskesmas Banguntapan 2 Bantul dapat meningkatkan kepatuhan pasien secara signifikan ( $p=0,000$ ) dan juga signifikan terhadap penurunan kadar gula darah pasien ( $p=0,005$ ) pada kelompok perlakuan dibanding kontrol. Pemberian *home pharmacy care* pada pasien DM tipe 2 di Puskesmas Banguntapan 2 Bantul berpengaruh terhadap kepatuhan minum obat dan juga terhadap *outcome* terapi.

Kata kunci : *home pharmacy care*, kepatuhan, *outcome* terapi, DM tipe 2

## **ABSTRACT**

Type 2 Diabetes mellitus (type 2 DM) is a chronic disease which requires long treatment, therefore comprehensive treatment is necessary. An example of pharmaceutical services is through home pharmacy care activity in the primary care health facilities. This study aims to determine the effect of home pharmacy care towards of adherence level and treatment outcome of patients with type 2 DM.

This study used a quasy-experiment design. Data collection in this study used prospective method which was held in Puskesmas Banguntapan 2 Bantul with non-randomized pretest-posttest control group design. Respondents in this research were the patients with type 2 DM in Puskesmas Banguntapan 2 Bantul as much as 26 people which was divided into control group and intervention group, each consisted of 13 respondents. Home pharmacy care activity was done by using counseling method in patient's house. Moreover this activity also checked glucose level of the patients with average duration of the meeting was about 20 minutes for each patient. The meeting for each patient was as much as 4 times in a month. The measurement of adherence patient used MMAS-8 questioner. The data gained was analyzed by using Mann-Whitney test.

The result showed that giving home pharmacy care services to type 2 DM patient in Puskesmas Banguntapan 2 Bantul could increase the patient adherence significantly ( $p=0.000$ ), and it also decreased the glucose level of the patient significantly ( $p=0.005$ ) at intervention group compared with control group. Giving home pharmacy care to type 2 DM in Puskesmas Banguntapan 2 Bantul was effective to increase patient compliance to consume the medicine and also treatment outcome.

**Keywords:** Home pharmacy care, compliance, treatment outcome, type 2 DM