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Hubungan Penerapan Empat Pilar Manajemen Diabetes Dengan Risiko Penyakit Arteri Perifer Pada Pasien Diabetes Mellitus Tipe 2 Di RSUD Ratu Aji Putri Botung Penajam Paser Utara

ABSTRAK

Latarbelakang: Diabetes Mellitus tipe 2 merupakan penyakit metabolik kronis yang berisiko menimbulkan komplikasi makrovaskular, salah satunya Penyakit Arteri Perifer (Peripheral Arterial Disease / PAD). PAD pada pasien diabetes sering berkembang tanpa gejala sehingga deteksi dini menjadi penting. Pencegahan komplikasi dapat dilakukan melalui pengelolaan diabetes yang optimal berdasarkan empat pilar manajemen diabetes, yaitu edukasi, terapi nutrisi medis, aktivitas fisik, dan terapi farmakologis.
Tujuan: Menganalisis hubungan penerapan empat pilar manajemen diabetes dengan risiko penyakit arteri perifer pada pasien diabetes mellitus tipe 2 di RSUD Ratu Aji Putri Botung Penajam Paser Utara.
Metode: Menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian 90 responden diambil menggunakan *teknik purposive sampling.* Menggunakan Instrumen *kuesioner Summary of Diabetes Self Care Activities (SDSCA)* untuk mengukur penerapan empat pilar diabetes dan *pemeriksaan Ankle Brachial Index (ABI*) untuk menilai risiko penyakit arteri perifer. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman Rank.
Hasil: Sebagian besar responden memiliki penerapan empat pilar manajemen diabetes dalam kategori cukup (50,0%) dan risiko PAD dalam kategori normal (51,1%). Analisis bivariat menunjukkan adanya hubungan yang signifikan antara penerapan empat pilar manajemen diabetes dengan risiko penyakit arteri perifer dengan nilai koefisien korelasi Spearman (r_s) sebesar 0,516 dan p-value 0,000 ($p < 0,05$). Nilai korelasi kekuatan hubungan sedang dengan arah positif.
Simpulan: Terdapat hubungan signifikan antara penerapan empat pilar manajemen diabetes dengan risiko penyakit arteri perifer pada pasien Diabetes Mellitus tipe 2. Peningkatan kepatuhan terhadap manajemen diabetes berperan penting dalam menurunkan risiko komplikasi vaskular.

Kata kunci: Diabetes tipe 2,Empat Pilar Manajemen Diabetes,Penyakit Arteri Perifer, ABI, SDSCA

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The Relationship between the Implementation of the Four Pillars of Diabetes Management and the Risk of Peripheral Artery Disease in Type 2 Diabetes Mellitus Patients at Ratu Aji Putri Botung Penajam Paser Utara Hospital

ABSTRACT

Background: Type 2 diabetes mellitus is a chronic metabolic disease that is at risk of causing macrovascular complications, one of which is Peripheral Arterial Disease (PAD). PAD in diabetic patients often develops without symptoms so early detection is important. Prevention of complications can be done through optimal diabetes management based on the four pillars of diabetes management, namely education, medical nutrition therapy, physical activity, and pharmacological therapy

Objective: To analyze the relationship between the implementation of the four pillars of diabetes management and the risk of peripheral artery disease in patients with type 2 diabetes mellitus at Ratu Aji Putri Botung Penajam Paser Utara Hospital.

Methods: Using a quantitative design with *a cross-sectional approach*. The research sample of 90 respondents was taken using *the purposive sampling technique.* Using the *Summary of Diabetes Self Care Activities (SDSCA) questionnaire instrument* to measure the application of the four pillars of diabetes and *the Ankle Brachial Index (ABI) examination* to assess the risk of peripheral artery disease. Data analysis was carried out univariate and bivariate using the spearman rank test.

Results: Most respondents had the implementation of the four pillars of diabetes management in the moderate category (50.0%) and the risk of PAD in the normal category (51.1%). Bivariate analysis showed a significant relationship between the implementation of the four pillars of diabetes management and the risk of peripheral artery disease with a Spearman correlation coefficient (rs) value of 0.516 and a p-value of 0.000 ($p < 0.05$). The correlation value of the strength of the relationship is moderate to the positive direction.

Conclusions: There is a significant association between the implementation of the four pillars of diabetes management and the risk of peripheral artery disease in patients with type 2 diabetes mellitus. Increased adherence to diabetes management plays an important role in lowering the risk of vascular complications.

Keywords: Type 2 Diabetes, Four Pillars Management of Diabetes, Peripheral Artery Disease, ABI, SDSA