

ABSTRAK

Latar Belakang: Diabetes Melitus tipe 2 (DM tipe 2) merupakan penyakit metabolik yang ditandai oleh hiperglikemia kronis dan berisiko menimbulkan komplikasi mikrovaskular seperti nefropati diabetik. Pemeriksaan kadar proteinuria dan kreatinin serum dapat menjadi indikator penting dalam mendeteksi kerusakan ginjal pada pasien DM tipe 2. Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan cross-sectional. Sampel sebanyak 392 data rekam medis pasien DM tipe 2 diambil dari instalasi rekam medis Rumah Sakit Arun Lhokseumawe. Data dianalisis secara deskriptif berdasarkan karakteristik usia dan jenis kelamin terhadap status proteinuria dan kadar kreatinin serum. Hasil: Sebagian besar responden berusia >65 tahun (52,3%) dan laki-laki (58,4%). Sebanyak 93,9% responden memiliki kadar kreatinin tinggi, dan 43,6% menunjukkan proteinuria +2, diikuti oleh +3 sebesar 37,8%. Status proteinuria dan kadar kreatinin tinggi lebih banyak ditemukan pada kelompok usia lanjut dan laki-laki. Kesimpulan: Terdapat gambaran dominan peningkatan kadar kreatinin dan proteinuria pada pasien DM tipe 2 usia lanjut dan laki-laki di Rumah Sakit Arun Lhokseumawe. Pemeriksaan rutin proteinuria dan kreatinin serum penting untuk deteksi dini komplikasi ginjal pada pasien DM tipe 2.

Kata kunci: Diabetes Melitus Tipe 2, Protein Urin, Kreatinin Serum.

ABSTRACT

Background: Type 2 Diabetes Mellitus (T2DM) is a metabolic disorder characterized by chronic hyperglycemia, leading to microvascular complications such as diabetic nephropathy. Proteinuria and serum creatinine levels are key indicators of renal impairment in T2DM patients. **Methods:** This study used a descriptive cross-sectional design. A total of 392 medical records of T2DM patients were reviewed from Arun Hospital, Lhokseumawe. Data were analyzed descriptively based on age and gender characteristics in relation to proteinuria status and serum creatinine levels. **Results:** Most respondents were aged >65 years (52.3%) and male (58.4%). High serum creatinine levels were found in 93.9% of respondents. Proteinuria +2 was present in 43.6%, followed by +3 in 37.8%. Elevated proteinuria and creatinine levels were more common among older and male patients. **Conclusion:** There was an increased creatinine serum levels and proteinuria in elderly and male T2DM patients. Routine examination of proteinuria and serum creatinine was crucial for early detection of renal complications.

Keywords: *Type 2 Diabetes Mellitus, Urine Protein, Serum Creatinine.*