

# Determinan kepatuhan minum obat pada penderita skizofrenia di Poli Rawat Jalan Rumah Sakit Jiwa Daerah Propinsi Lampung tahun 2019 = Determinan treatment adherence of schizophrenia outpatient at Mental Hospital Lampung Regional Province year 2019

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## Abstrak

Latar Belakang: Skizofrenia adalah salah satu gangguan jiwa berat, Skizofrenia diderita oleh 21 juta orang di dunia. Anggota Rumah Tangga (ART) di Indonesia yang menderita Skizofrenia/ psikosis 6,7 per mil pada 2018. Cakupan pengobatan penderita Skizofrenia atau psikosis yang berobat ke RS Jiwa/fasilitas layanan kesehatan/Tenaga Kesehatan adalah pernah/seumur hidup (85%) dan yang minum obat rutin 1 bulan terakhir (48,9%). Sekalipun prevalensinya kecil namun dampaknya sangat besar biaya finansial Skizofrenia di Amerika Serikat diperkirakan melampaui biaya semua kanker bila digabungkan, karena Skizofrenia bermula pada awal kehidupan, menyebabkan hendaya/ketidakmampuan yang signifikan dan bertahan lama, membuat tuntutan perawatan rumah sakit yang berat, membutuhkan perawatan rawat jalan, rehabilitasi, dan layanan dukungan terus-menerus. Tujuan dari penelitian ini adalah diketahuinya determinan kepatuhan minum obat pada penderita Skizofrenia di Poli Rawat Jalan RSJ Daerah Propinsi Lampung tahun 2019.

Metode: Penelitian Kuantitatif dengan desain Cross Sectional, sampel 192 responden diolah dengan chi square dan regresi logistik.

Hasil: Sebagian dari penderita yang menjadi responden patuh minum obat (51,0%), berumur dewasa >30 tahun (70,3%), berpenghasilan dibawah UMP Lampung (82,3%), tingkat pendidikan dasar (46,9%), akses ke RSJ terjangkau (73,4%), persepsi dukungan keluarga sangat kuat (50,5%), wawasan terkait penyakit luas (94,3%), persepsi keparahan penyakit sedang (61,5%), persepsi tidak ada efek samping obat (54,7%), persepsi peran Dokter baik (35,9%) dan peran Apoteker sangat baik (80,2%). Kepatuhan berasosiasi secara positif dengan penghasilan (OR= 4,73), tingkat pendidikan, akses ke RSJ (OR=5), persepsi dukungan keluarga (OR=2,2), wawasan terkait penyakit (OR=5), persepsi keparahan penyakit, persepsi efek samping obat (OR=2,6), peran Dokter dan peran Apoteker (OR=2,7). Variabel yang paling dominan yang berhubungan dengan kepatuhan minum obat adalah akses dengan OR = 6,6.

Rekomendasi: Meningkatkan akses pada penderita melalui optimalisasi pelayanan kesehatan mental rujukan berjenjang di PPK I, II, disertai sumber daya manusia (Dokter, Apoteker) serta obat-obatan terkait, mengaktifkan Website RSJ serta melakukan edukasi melalui video edukasi, leaflet, poster, banner terkait kepatuhan minum obat penderita Skizofrenia.

.....Introduction: Schizophrenia is a severe mental disorder, it affects 21 Million people in the world. Household members in Indonesia who suffer from schizophrenia/psychosis 6,7 per mile in 2018. Treatment coverage for schizophrenia/psychosis patients who go to mental health/health care facilities/health workers is ever/for lifetime (85%) and who take routine medication for last month (48.9%). Even though the prevalence is small but the impact is enormous, financial costs of schizophrenia in the United States are estimated to exceed the costs of all cancers when combined, because schizophrenia starts early in life, causes significant and long-lasting health/disability, makes demands for severe hospital treatment, requires outpatient care, rehabilitation, and continuous support services. The purpose of this study was to determine

the determinants of medication adherence in patients with paranoid schizophrenia in outpatient polyclinic in Lampung Province Regional Hospital in 2019

Method: a quantitative research with cross sectional design, 192 sample respondents, using chi square and logistic regression analysis.

Result: Some of the patients who became respondents obeyed taking medication (51.0%), having adult age > 30 years (70.3%), earning under the UMP Lampung (82.3%), basic education level (46.9%), access to RSJ affordable (73.4%), perception of family support was very strong (50.5%), good insight into illness (94.3%), perception of disease severity moderate (61.5%), perception of drug: no side effects (54.7%), perceptions of the role of the doctor good (35.9%) and the role of the Pharmacist is very good (80.2%). Compliance was positively associated with income (OR = 4.73), education level, access to RSJ (OR = 5), perceptions of family support (OR = 2.2), insight into illness (OR = 5), perception of disease severity, perception of drug side effects (OR = 2.6), the role of the doctor and the role of the pharmacist (OR = 2.7). The most dominant variable that is related to medication adherence is access with OR = 6.6

Recommendation: Increase access to patients through optimization of tiered referral mental health services in PPK I, II, along with human resources (Doctors, Pharmacists) and related medicines, activate the RSJ Website and conduct education through educational videos, leaflets, posters, related banners compliance with taking medication for patients with schizophrenia.