

Pelayanan Informasi Obat (PIO): Pembuatan Leaflet untuk Pasien Hiperurisemia dan Gout di Puskesmas Kecamatan Makasar Jakarta Timur = Medicine Information Service: Leaflet for Patients with Hyperuricemia and Gout at Makasar District Society Healthcare Centre, East Jakarta

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Abstrak

Praktik kerja profesi apoteker di Puskesmas Kecamatan Makasar bertujuan untuk memberikan edukasi terkait hiperurisemia dan gout serta cara pengobatannya melalui media leaflet, terkhusus kepada pasien geriatrik penderita hiperurisemia dan gout di Puskesmas Kecamatan Makasar. Metode pelaksanaan penyusunan tugas khusus dilakukan dengan penelusuran studi literatur melalui buku elektronik (e-book), artikel penelitian dalam situs "google scholar" dan laman web Kementerian Kesehatan Republik Indonesia. Puskesmas Makasar menggunakan leaflet sebagai media untuk Pelayanan informasi Obat (PIO) kepada pasien gout. Data terkait yang disajikan dalam leaflet antara lain: definisi hiperurisemia, definisi gout, definisi asam urat, nilai normal asam urat dalam darah, penyebab gout, faktor risiko gout, tanda dan gejala gout, tahap perkembangan gout, terapi gout, terapi gout kronik dengan allopurinol, serta modifikasi gaya hidup pasien gout. Pembuatan leaflet dipilih untuk membantu pasien memahami informasi terkait pengobatan gout mulai dari pengertian, penyebab, faktor risiko, tanda dan gejala, fase penyakit gout, terapi pengobatan secara farmakologi sampai modifikasi gaya hidup. Media penyampaian informasi secara visual dinilai lebih praktis dan mudah diterima oleh masyarakat.

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The professional pharmacist internship at Puskesmas Kecamatan Makasar aims to educate patients on hyperuricemia and gout, as well as their treatments, through the use of informational leaflets. This initiative specifically targets geriatric patients suffering from hyperuricemia and gout at Puskesmas Kecamatan Makasar. The methodology for this special assignment included a literature review conducted through electronic books (e-books), research articles available on "Google Scholar," and resources from the official website of the Ministry of Health of the Republic of Indonesia. Puskesmas Makasar employs leaflets as a medium for delivering Drug Information Services (PIO) to gout patients. The leaflets provide information on various topics, including the definitions of hyperuricemia, gout, and uric acid; normal blood uric acid levels; causes and risk factors of gout; signs and symptoms; stages of gout development; gout therapy; chronic gout therapy with allopurinol; and lifestyle modifications for gout patients. The use of leaflets was chosen to facilitate patients' understanding of gout treatment, encompassing the disease's definition, causes, risk factors, symptoms, stages, pharmacological treatments, and lifestyle changes. Visual information dissemination is deemed more practical and easier for the public to comprehend.