

Evaluasi Pemantauan Terapi Obat Pada Pasien Program Pengelolaan Penyakit Kronis Poli Ptm Di Puskesmas Kecamatan Kalideres Bulan November - Desember 2022 = Evaluation Of Drug Therapy Monitoring In Patients Of The Ptm Poly Chronic Disease Management Program At The Kalideres District Health Center, Month November - December 2022

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Abstrak

Apoteker bertanggung jawab dalam memantau keamanan penggunaan obat di Puskesmas. Salah satu hal yang perlu dipantau adalah pasien dengan penyakit tidak menular (PTM). Penyakit ini tidak mudah menular dari orang ke orang dan seringkali berhubungan dengan faktor gaya hidup dan lingkungan. Beberapa contoh penyakit tidak menular yang umum meliputi penyakit jantung, stroke, diabetes, dan penyakit ginjal. Pemantauan obat pada pasien PTM sangat penting dalam pengelolaan penyakit pasien, hal ini terkait oleh efektifitas pengobatan, pengelolaan efek samping, kepatuhan penggunaan obat, pemantauan interaksi obat dan pemantauan kepatuhan gaya hidup. Metode pelaksanaan dilakukan secara deskriptif kualitatif dengan penelusuran data. Data yang digunakan merupakan data rekam medik pasien poli PTM periode November 2022 – Desember 2022. Penelitian ini bertujuan untuk mengetahui secara keseluruhan apakah terjadi interaksi obat yang diterima oleh pasien poli PTM (Penyakit Tidak Menular) yang berfokus pada pasien lanjut usia atau geriatri (60th). Didapatkan distribusi usia pada pasien yang masuk kriteria inklusi beragam, dimana jumlah pasien yang paling banyak berada di rentang 60-64 tahun sebesar (45,23%). pasien yang menerima obat sebanyak 3-4 macam berjumlah 23 pasien (54,76%), 5-7 macam berjumlah 17 pasien (40,47%) dan 8-10 macam berjumlah 2 pasien (4,76%). pasien yang mengalami interaksi obat sebanyak 20 orang (47,61%). Berdasarkan signifikansi interaksi obat atau tingkat keparahan interaksi mayor berjumlah 3 pasien (15%) dan interaksi moderat berjumlah 17 pasien (85%). Interaksi yang terjadi antara amlodipin dan simvastatin tidak dimasukkan kedalam kategori dikarenakan pada waktu pemberian jeda waktu sudah tepat, selain itu interaksi minor juga tidak dimasukkan kedalam kategori karena dianggap tidak berbahaya bagi pasien. potensi kejadian interaksi obat pada pasien lansia poli PTM di puskesmas kecamatan kalideres periode bulan November 2022 sampai Desember 2022 yang diambil dengan metode sampling random didapatkan sebanyak 20 pasien mengalami interaksi (74,61%) sedangkan 22 pasien tidak mengalami interaksi (52,38%) atau hanya mendapatkan interaksi minor. Berdasarkan persentase signifikansi klinis, didapatkan interaksi mayor berjumlah 3 pasien (15%) (diluar interaksi antara amlodiphine+simvastatin) dan interaksi moderat berjumlah 17 pasien (85%). Pasien dengan interaksi minor tidak dimasukkan kedalam kategori dikarenakan dianggap tidak memiliki bahaya yang signifikan terhadap pasien.

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Pharmacists are responsible for monitoring the safety of drug use at the Community Health Center. One of the things that needs to be monitored is patients with noncommunicable diseases (NCDs). This disease is not easily transmitted from person to person and is often related to lifestyle and environmental factors. Some examples of common non-communicable diseases include heart disease, stroke, diabetes, and kidney disease. Drug monitoring in NCD patients is very important in managing the patient's disease, this is related

to the effectiveness of treatment, managing side effects, compliance with drug use, monitoring drug interactions and monitoring lifestyle compliance. The implementation method was carried out descriptively qualitatively by tracing data. The data used is medical record data from NCD polyclinic patients for the period November 2022 – December 2022. This research aims to find out overall whether there are drug interactions received by NCD (Non-Communicable Disease) polyclinic patients which focus on elderly or geriatric patients (60 years old).). It was found that the age distribution of patients who met the inclusion criteria varied, with the largest number of patients being in the 60-64 year range (45.23%). There were 23 patients who received 3-4 kinds of medication (54.76%), 17 patients (40.47%) with 5- 7 kinds and 2 patients (4.76%) with 8-10 kinds. There were 20 patients who experienced drug interactions (47.61%). Based on the significance of drug interactions or the severity of major interactions, there were 3 patients (15%) and moderate interactions, there were 17 patients (85%). The interactions that occurred between amlodipine and simvastatin were not included in the category because the time interval for administration was appropriate, apart from that, minor interactions were also not included in the category because they were considered not dangerous for the patient. The potential for drug interactions in elderly patients with PTM polyclinics at the Kalideres sub-district health center for the period November 2022 to December 2022, taken using a random sampling method, found that 20 patients experienced interactions (74.61%) while 22 patients did not experience interactions (52.38%) or only get minor interactions. Based on the percentage of clinical significance, major interactions were found in (15%) (excluding the interaction between amlodipine+simvastatin) and moderate interactions in 17 patients (85%). Patients with minor interactions are not included in the category because they are not considered to pose a significant danger to the patient.