

Keefektifan modul pelatihan general practitioner kesehatan jiwa bagi dokter umum untuk meningkatkan pengetahuan dan keterampilan diagnosis gangguan depresi di Wilayah Kabupaten Banjar Provinsi Kalimantan Selatan = The effectiveness of the training modules general practitioner to enhance the knowledge and skills of physicians to diagnose depression disorder in Banjar South Kalimantan / Winda Oktari Anryanie Arief

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Abstrak

Pendahuluan: Dokter di Pusat Kesehatan Masyarakat (Puskesmas) kadang tidak mengenali adanya depresi pada seseorang. Pemberian pelatihan psikiatri untuk dokter di Puskesmas diperkirakan dapat meningkatkan pengetahuan dan keterampilan diagnosis terhadap masalah psikiatri. Kementerian Kesehatan Republik Indonesia telah menyusun suatu modul pelatihan yaitu Modul Pelatihan General Practitioner Kesehatan Jiwa (GP Keswa). Modul bertujuan untuk meningkatkan pengetahuan dan keterampilan dokter di Puskesmas dalam melakukan deteksi kasus gangguan jiwa yang sering di masyarakat. Modul merujuk pada PPDGJ III.

Tujuan: Mengidentifikasi keefektifan Modul GP Kesehatan Jiwa akan pengetahuan dan keterampilan dokter umum di pelayanan primer dalam menegakkan diagnosis dan tatalaksana pengobatan gangguan depresi.

Metode: Desain penelitian yang digunakan adalah one group pre dan post test. Subjek penelitian adalah 23 dokter umum yang bertugas di Puskesmas Wilayah Kabupaten Banjar, Kalimantan Selatan. Penelitian dilakukan dalam kurun waktu Mei-Oktober 2015. Sampel diambil secara simple random sampling. Seluruh subjek penelitian mengikuti pelatihan modul GP Keswa selama satu hari. Pengetahuan dinilai sebelum pelatihan, satu hari dan tiga bulan setelah pelatihan dengan kuesioner pengetahuan yang diisi sendiri oleh subjek. Keterampilan diagnosis dinilai oleh tim penilai, yaitu staf pengajar Departemen Psikiatri FKUI-RSCM.

Hasil: Satu hari setelah pelatihan, 100% subjek mengalami peningkatan pengetahuan. Penilaian tiga bulan setelah pelatihan hanya 8,7% subjek yang tetap mengalami peningkatan pengetahuan. Keterampilan wawancara subjek penelitian hasilnya bervariasi, 12 orang dinyatakan lulus, delapan orang borderline, dan tiga orang tidak lulus.

Kesimpulan: Pemberian pelatihan modul GP Keswa efektif dalam meningkatkan pengetahuan dokter Puskesmas mengenai gangguan depresi satu hari setelah pelatihan, namun tidak dapat bertahan setelah tiga bulan pelatihan. Modul Pelatihan GP Keswa tidak efektif untuk meningkatkan keterampilan wawancara dalam menegakkan diagnosis gangguan depresi.

<hr><i>Introduction: Physicians in Public Health Center (PHC) sometime do not recognize the existence of depression in a person. Provision of psychiatric training for physicians in PHC is expected to enhance the knowledge and skills of physicians to the problem of psychiatric diagnosis.. Ministry of Health has

developed a training module that is General Practitioner (GP). This module aims to enhance the skills of doctors in the health center in case of detection of depression disorder in the community frequently. The module refers to PPDGJIII.

Objective: To assess the effectiveness of training module GP toward physicians to enhance their knowledge and skills to diagnose depressive disorders.

Methods: The study design used was one group pre and post test. Subjects were twenty-three general practitioner who served in Health Center in Banjar, South Kalimantan. The study was conducted in the period Mei-Oktober 2015. Samples were taken by simple random sampling. All recipients GP training modules for one day. Knowledge assessed before training, one day and three months after training with the knowledge questionnaires filled by the subject. Skills diagnosis assessed by assessment team.

Results: One day after training, 100% of subjects experienced an increase in knowledge. But three months after training only 8.7% of the subjects continued to experience an increase in knowledge. Interview skills outcome is varied, twelve people pass, eight people borderline, and three people did not pass.

Conclusion: Providing GP training modules effective to improve knowledge of physician about depressive disorders one day after training, but can not last three months after training. Providing GP training modules is not effective in improving interviewing skills to diagnose depressive disorder.</i>