

EVALUASI KESESUAIAN TERAPI RHINITIS ALERGI DI RSUD WIROSABAN KOTA YOGYAKARTA

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Latar belakang: Rhinitis alergi merupakan masalah kesehatan global yang dilaporkan meningkat 50% - 60% setiap tahunnya di dunia, khususnya di Daerah Istimewa Yogyakarta prevalensi rhinitis alergi mencapai 40,1%. Meskipun rhinitis alergi tidak banyak mengakibatkan kematian, namun akan mempengaruhi kualitas hidup seseorang dan mengakibatkan dampak negatif pada penyakit lain apabila tidak ditangani dengan baik seperti asma, sinusitis, dan otitis media. **Tujuan:** mengetahui karakteristik umum pasien rhinitis alergi, profil terapi rhinitis alergi, dan kesesuaian terapi pada pasien rhinitis alergi berdasarkan ARIA-WHO 2010. **Metode:** Penelitian ini merupakan penelitian *cross-sectional* dengan cara pengumpulan data secara retrospektif dari rekam medis pasien rawat jalan di RSUD Wirosaban Kota Yogyakarta periode 2015-2017. Data meliputi jenis kelamin, umur, pekerjaan, jenis obat yang digunakan, dan dosis. Analisis data berupa persentase yang menggambarkan karakteristik pasien, profil terapi, dan kesesuaian terapi. **Hasil:** Prevalensi pasien rhinitis alergi tertinggi yaitu wanita (53,2%). Kelompok usia tertinggi yang menderita rhinitis alergi yaitu 17-25 tahun (29,03%). Terapi yang paling sering digunakan yaitu kombinasi antihistamin + dekonjestan (20,9%) dan antihistamin (14,5%). **Kesimpulan:** Kesesuaian terapi rhinitis alergi berdasarkan tepat indikasi 96,7%, tepat obat 96,7% , tepat dosis 96,7%, dan tepat pasien sebesar 100%.

Kata kunci : Kesesuaian terapi, rhinitis alergi, RSUD Kota Yogyakarta

EVALUATION THERAPY OF ALLERGIC RHINITIS IN RSUD WIROSABAN KOTA YOGYAKARTA

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Background: Allergic rhinitis is a global health affecting 50% - 60% annually in the world, especially in the Special Region of Yogyakarta. The prevalence of allergic rhinitis reaches 40.1%. Although allergic rhinitis are not more likely to cause death, it will affect a person's quality of life and have a negative impact on other diseases if not treated properly such as asthma, sinusitis, and otitis media **Objective:** This study aims to determine the characteristics patient of rhinitis allergy, therapeutic profile of allergic rhinitis, and the appropriateness of therapy in allergic rhinitis based on ARIA-WHO 2010. **Methods:** This study is a cross-sectional study by collecting data retrospectively from medical records of outpatients in Wirosaban District Hospital Yogyakarta in the period 2015-2017. The data taken included gender, age, occupation, type of drug used, and dosage to be analyzed descriptively. **Result:** The results of the study included the highest prevalence of patients with allergic rhinitis, namely female patients (53.2%) and males (46.7%). The highest age group suffering from allergic rhinitis is 17-25 years at 29.03%. Data were obtained based on the most commonly used therapeutic studies, namely a combination of antihistamines + decongestants (20.9%) and antihistamines (14.5%). **Conclusion:** The suitability of allergic rhinitis therapy is based on 96,7% correct indication, 96,7% correct drug, right dose 96.7%, and right patient 100%.

Keywords : Evaluation of therapy, allergic rhinitis, RSUD Kota Yogyakarta