

INTISARI

Latar belakang: Asam valproat dan turunannya telah banyak diresepkan untuk berbagai indikasi, karena memiliki spektrum aksi yang luas. Namun, asam valproat diketahui merupakan obat indeks terapeutik sempit dan berpotensi menimbulkan berbagai efek samping dalam terapi jangka panjang, seperti: rambut rontok, peningkatan berat badan, dan hepatotoksisitas.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan tingkat kepatuhan pasien dengan efektivitas dalam penggunaan obat valproat di poli saraf instalasi rawat jalan RS Bethesda Yogyakarta.

Metode: Penelitian ini dilakukan secara observasional, bersifat analitis dengan desain potong lintang. Data tingkat kepatuhan pasien diperoleh dari hasil wawancara secara langsung dengan pasien yang memenuhi kriteria inklusi menggunakan kuisioner MMAS (*morisky medication adherence scale*). Data penggunaan obat valproat diperoleh dari sumber data sekunder rekam medis elektronik secara retrospektif. Data efek samping hepatotoksisitas didapatkan dari pemeriksaan AST dan ALT setiap pasien secara *point-time approach* di laboratorium rawat jalan RS Bethesda Yogyakarta.

Kesimpulan: Tidak terdapat hubungan antara usia, jenis kelamin, dan tingkat kepatuhan dengan respon klinis penggunaan valproat. Efek samping penggunaan obat valproat dengan prevalensi paling tinggi adalah peningkatan berat badan, dan kejadian efek samping paling jarang adalah hepatotoksisitas.

Kata kunci : Asam valproat, kepatuhan pasien, hepatotoksisitas, efektivitas valproat.

ABSTRACT

Background: Valproic acid and its derivatives have been widely prescribed for various indications, as it has a wide spectrum of action. However, valproic acid is known to have a narrow therapeutic index and can cause various side effects such as hair loss, weight gain, as well as hepatotoxicity in long-term therapy.

Purpose: The purpose of this study was to analyze the relationship of patient adherence rate with clinical response in the use of valproate drugs in outpatient installation nerve poly of Bethesda Hospital Yogyakarta.

Method: This research was conducted observationally, analytical with a cross-sectional design. Data on patient compliance rates were obtained from direct interviews with patients who met the inclusion criteria using the MMAS (morisky medication adherence scale) questionnaire. Data on the use of the drug valproate were obtained from secondary data sources of electoral medical records retrospectively. Hepatotoxicity side effect data was obtained from the AST and ALT examinations of each patient in a point-time approach at the outpatient laboratory of Bethesda Hospital Yogyakarta.

Conclusion: There was no association between age, sex, and degree of adherence to the clinical response to valproate use. A side effect of using the drug valproate with the highest prevalence is weight gain, and the rarest incidence of side effects is hepatotoxicity.

Keywords : Valproic acid, patient adherence, hepatotoxicity, valproic effectiveness.