

**HASIL TERAPI DAN IDENTIFIKASI EFEK SAMPING OBAT  
PADA PENGGUNAAN TEOFILIN UNTUK PASIEN PENYAKIT PARU  
OBSTRUKTIF KRONIK(PPOK) RAWAT JALAN DI RUMAH SAKIT  
PARU RESPIRA YOGYAKARTA**

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**INTISARI**

**Latar belakang :** Penyakit Paru Obstruktif Kronik (PPOK) memiliki angka prevalensi tertinggi mencapai 64 juta orang di dunia. Data penggunaan teofilin berdasarkan penelitian yg dilakukan sebelumnya sebanyak 40.8 % pasien PPOK mendapat terapi teofilin di RS Paru Respira Yogyakarta. Teofilin dipakai sebagai terapi pilihan terakhir karena efektifitasnya yang rendah dan lambat. Berdasarkan data tersebut teofilin masih banyak digunakan di Indonesia dan menunjukkan hasil terapi yang baik dalam memperbaiki fungsi paru, teofilin memiliki indeks terapi sempit sehingga berisiko menyebabkan efek samping obat yang banyak.

**Tujuan :** Melihat hasil terapi, hubungan karakteristik dengan hasil terapi dan melihat profil efek samping obat pada penggunaan teofilin untuk pasien PPOK rawat jalan di Rumah Sakit Paru Respira Yogyakarta.

**Metode :** Penelitian ini merupakan penelitian observasional menggunakan rancangan *cross sectional*. Penelitian dilakukan selama bulan April sampai Mei 2018, melibatkan 110 subjek penelitian dengan usia >40 tahun, mendapatkan terapi pemeliharaan teofilin minimal 1 bulan pengobatan. Hasil terapi pasien PPOK diukur dengan *COPD Assessment Test* (CAT). Identifikasi efek samping obat dilakukan melalui wawancara kepada pasien menggunakan ceklist kuesioner dan algoritma *Naranjo*. Data diolah secara deskriptif analitik.

**Hasil dan Kesimpulan:** Didapatkan hasil terapi pada penggunaan teofilin dengan kategori berhasil 50,9% (Skor CAT <10), hasil terapi cukup berhasil 46,4% (Skor CAT 10-20), hasil terapi kurang berhasil 3% (Skor CAT 20-30). Terdapat hubungan yang signifikan antara variabel umur ( $P=0,025$ ) dan derajat keparahan ( $P=0,001$ ) dengan nilai signifikansi ( $P<0,05$ ) yang berarti ada hubungan antara umur dan derajat keparahan dengan hasil terapi. Jumlah kejadian efek samping pada penggunaan teofilin ditemukan sebanyak 19 pasien (17%) dengan 27 kasus. Efek samping insomnia (9,09%), sakit kepala (6,35%) gemetar (5,45%), takikardi (1,81%) dispepsia (0,90%), konstipasi (0,90%). Efek samping dengan nilai *Narajo* (kemungkinan besar ADR) paling banyak yaitu insomnia sebanyak 9 kasus (8,18%).

**Kata Kunci :** PPOK, Teofilin, Hasil terapi, Efek samping obat

**OUTCOME THERAPY AND IDENTIFICATION SIDE EFFECTS FOR USE  
IN PATIENTS THEOPHYLLINE CHRONIC OBSTRUCTIVE PULMONARY  
DISEASE (COPD) OUTPATIENT IN PARU RESPIRA HOSPITAL  
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**ABSTRACT**

**Background :** *Chronic Obstructive Pulmonary Disease (COPD) is one of the highest prevalence rate disease that could reaches 64 million people in the world. Data on theophylline use based on previous studies, 40.8% of COPD patients received theophylline therapy in Paru Respira Hospital Yogyakarta. Theophylline use is used as the last choice therapy because of its low and slow effectiveness. Based on these data, theophylline is still widely used in Indonesia and shows good therapeutic results in improving pulmonary function, theophylline has a narrow therapeutic index so it risks causing many side effects.*

**Objective :** *To see the outcomes of the therapy, the relationship between characteristics with therapeutic results and to identify the side effects of theophylline use in the outpatient COPD at Paru Respira Hospital Yogyakarta.*

**Methods :** *This study was observational using cross sectional design conducted during April to May 2018. This study involved as many as 110 research subjects with age more than 40 years who received theophylline maintenance therapy at least 1 month of treatment. The outcome therapy of COPD patient therapy were measured by COPD Assessment Test (CAT). The identification of drug side effects was done through interviews toward patients using checklist questionnaires and Naranjo algorithm. Data is processed as analytic descriptive.*

**Results and Conclusions :** *The result of therapy was very successful 50.9% (CAT score <10), successful 46.4% (CAT score 10-20) and less successful 3% (CAT score 20-30). There is a significant relationship between the variables of age ( $P=0,025$ ) and severity ( $P=0,001$ ) with a significance value ( $P <0.05$ ), which means that there is a relationship between age and the severity of the outcome of therapy. The number of incidence of adverse events was found in 19 people (17%) with 27 cases. The patient's side effects include insomnia (9.09%), headache (6.35%), tremor (5.45%), tachycardia (1.81%) dyspepsia (0.90%), constipation (0.90%). Side effects with the most Naranjo's value (Probabel ADR) are insomnia 9 cases (8,18%).*

**Keywords:** *COPD, theophylline, side effects, outcome therapy*