

**EFEKTIVITAS TERAPI PADA PASIEN PENYAKIT PARU OBSTRUKSI
KRONIK (PPOK) DI RUMAH SAKIT PKU MUHAMMADIYAH
YOGYAKARTA**

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INTISARI

Latar belakang: Penyakit paru obstruksi kronik (PPOK) termasuk salah satu kelompok penyakit tidak menular yang menjadi masalah di bidang kesehatan baik di Indonesia maupun di dunia. Pada PPOK tidak ada terapi spesifik yang dapat memulihkan, pemberian terapi standar tidak menghentikan progresivitas penyakit sehingga kerusakan saluran napas dan paru yang bersifat ireversibel tetap berlangsung walaupun lebih lambat dibandingkan penderita yang tidak menerima terapi standar.

Tujuan: Melihat gambaran terapi, efektivitas terapi dan hubungan antara karakteristik dengan efektivitas terapi pada pasien PPOK rawat jalan di Rumah Sakit PKU Muhammadiyah Yogyakarta.

Metode: Penelitian ini merupakan penelitian observasional dengan rancangan *cross sectional*, penelitian dilakukan selama bulan Maret sampai Mei 2018, melibatkan sebanyak 46 pasien dengan usia ≥ 40 tahun dan sudah pernah mendapatkan terapi sebelumnya minimal 1 bulan pengobatan. Efektivitas terapi pasien PPOK diukur dengan *COPD Assessment Test* (CAT). Data diolah secara deskriptif analitik.

Hasil dan Kesimpulan: Gambaran terapi yang paling banyak digunakan di Rumah Sakit PKU Muhammadiyah Yogyakarta adalah Kombinasi kortikosteroid inhalasi (ICS)/ Long-acting Beta-agonis (LABA) berupa flutikason/salmeterol 250 mcg 2 kali sehari 1 inhalasi sebanyak 41,3% (19 orang). Efektivitas terapi pasien PPOK di Rumah Sakit PKU Muhammadiyah Yogyakarta dengan kategori efektivitas terapi sangat efektif (Skor CAT <10), yaitu sebesar 69,5% (32 orang), terapi cukup efektif (Skor CAT 10-20) sebanyak 30,5% (14 orang), tidak terdapat pasien dengan kategori terapi kurang efektif dan tidak efektif. Terdapat hubungan yang signifikan pada karakteristik pekerjaan dengan nilai signifikansi 0,030 ($P < 0,1$) yang berarti terdapat hubungan antara pekerjaan dengan efektivitas terapi.

Kata Kunci : PPOK, Gambaran terapi, Efektivitas terapi

**EFFECTIVENESS THERAPY OF CHRONIC OBSTRUCTIVE
PULMONARY DISEASE PATIENTS AT PKU MUHAMMADIYAH
HOSPITAL YOGYAKARTA**

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ABSTRACT

Background : Chronic obstructive pulmonary disease (COPD) is non-communicable diseases which is a problem in the health sector both in Indonesia and in the world. In COPD there is no specific therapy that can recover, giving standard therapy does not stop the progression of the disease so that irreversible damage to the airways and lungs persists even though it is slower than patients who do not receive standard therapy.

Objective : To see the pattern of therapeutic use in outpatients, the effectiveness therapy and the relationship between characteristics with effectiveness therapy at PKU Muhammadiyah Yogyakarta Hospital.

Methods : This study was observational using cross sectional design conducted during Maret to Juni 2018. This study involved as many as 46 research subjects with age more than 40 years and have received previous therapy for at least 1 month of treatment. The effectiveness therapy of COPD patient therapy were measured by COPD Assessment Test (CAT). Data is processed as analytic descriptive.

Result and Conclusion : the most widely used therapy in PKU Muhammadiyah Yogyakarta Hospital is a combination of Inhaled corticosteroids (ICS) / Long-acting Beta-agonist (LABA) in the form of fluticasone / salmeterol 250 mcg 2 times a day 1 inhalation 41.3% (19 people). Effectiveness of therapy for COPD patients in PKU Muhammadiyah Yogyakarta Hospital with the effectiveness category therapy is very effective (CAT score <10), which is 69.5% (32 people), therapy is quite effective (CAT score 10-20) as much as 30.5% (14 people), there are no patients with less effective therapy category and ineffective. There is a significant relationship on job characteristics with a significance value of 0.030 ($P < 0.1$) which means there is a relationship between job and effectiveness of therapy.

Keywords: COPD, profiles therapy, effectiveness therapy