

INTISARI

Interaksi obat pada pelayanan rawat jalan banyak terjadi dan dapat meningkatkan efek obat yang merugikan. Identifikasi interaksi obat akan memberikan informasi yang dapat membantu apoteker dalam memaksimalkan *outcome* terapi. Penelitian ini bertujuan untuk mengetahui gambaran kejadian interaksi obat potensial dan manajemennya pada berbagai poliklinik pelayanan spesialis rawat jalan.

Penelitian *cross-sectional* ini dilakukan secara retrospektif melalui rekam medis poliklinik penyakit dalam, bedah, telinga hidung tenggorokan, kebidanan dan kandungan, serta anak pada pasien rawat jalan RSUD dr. Soeselo Kabupaten Tegal periode Agustus 2021 – Januari 2022. Pengambilan data dilakukan dengan teknik *purposive sampling* sesuai kriteria inklusi dan eksklusi sebanyak 500 sampel. Data dianalisis secara deskriptif menggunakan *Drugs.com*, *Drug Interaction Facts 2009*, dan *Stockley's Drug Interactions 9th*.

Hasil penelitian menunjukkan 232 (46.4%) pasien mengalami interaksi obat potensial dengan total 598 interaksi. Interaksi banyak ditemukan pada poliklinik penyakit dalam (80 pasien, 311 interaksi) dan poliklinik kebidanan dan kandungan (56 pasien, 103 interaksi) dibandingkan poliklinik lainnya. Rata-rata jumlah interaksi potensial obat yang dialami seorang pasien paling tinggi ditemukan pada poliklinik penyakit dalam (3-4 interaksi) dan poliklinik telinga hidung tenggorokan (2-3 interaksi). Interaksi obat paling sering ditemukan dengan keparahan moderat sejumlah 460 (76.9%), signifikansi 5 sejumlah 53 (8.9%), dan mekanisme farmakodinamik sejumlah 397 (66.4%). Kombinasi obat yang banyak ditemukan berinteraksi dan perlu perhatian diantaranya Sucralfat – Lansoprazol 21 interaksi, Siprofloksasin – Asam mefenamat 15 interaksi, Candesartan – Meloksikam 12 interaksi, serta Spironolakton – Candesartan 11 interaksi. Manajemen yang banyak direkomendasikan adalah pemantauan perubahan respon farmakologis dan klinis pasien. Gambaran interaksi obat potensial dapat digunakan untuk mengoptimalkan pelayanan terkait kemanjuran dan keamanan obat.

Kata kunci: gambaran, interaksi obat, rumah sakit, poliklinik rawat jalan

ABSTRACT

Drug interactions in outpatient services are common and can increase the adverse drug reactions. Identification of drug interactions will provide information that can assist pharmacists in maximizing therapeutic outcomes. This study aims to describe the incidence of potential drug interactions and their management in various outpatient clinics.

This cross-sectional study was conducted retrospectively through the medical records of internal medicine, surgery, ear nose throat, obstetrics and gynecology, and children outpatient department at RSUD dr. Soeselo, Tegal Regency for the period August 2021 – January 2022. Data collection was carried out using a purposive sampling technique according to the inclusion and exclusion criteria of 500 samples. Data were analyzed descriptively using Drugs.com, Drug Interaction Facts 2009, and Stockley's Drug Interactions 9th.

The results showed that 232 (46.4%) patients experienced potential drug interactions with a total of 598 interactions. Interactions were more found in the internal medicine department (80 patients, 311 interactions) and the obstetrics and gynecology department (56 patients, 103 interactions) compared to other department. The highest average number of potential drug interactions experienced by a patient was found in the internal medicine department (3-4 interactions) and the ear nose throat department (2-3 interactions). Drug interactions were most frequently found with moderate severity of 460 (76.9%), significance 5 of 53 (8.9%), and pharmacodynamic mechanisms of 397 (66.4%). Drug combinations that are found to interact and require attention include Sucralfate – Lansoprazole 21 interactions, Ciprofloxacin – Mefenamic acid 15 interactions, Candesartan – Meloxicam 12 interactions, and Spironolactone – Candesartan 11 interactions. The most recommended management is monitoring changes in the patient's pharmacological and clinical response. The description of potential drug interactions can be used to optimize services regarding drug efficacy and safety.

Keywords: *overview, drug interactions, hospital, outpatient department*