

INTISARI

Peningkatan pasien lansia menimbulkan tantangan pengobatan dikarenakan penurunan fungsi fisiologis. Fenomena ketidaktepatan pemberian obat yang dikenal dengan istilah *potentially inappropriate medications* dapat terjadi. Penelitian ini bertujuan untuk mengetahui gambaran penggunaan obat yang termasuk dalam *potentially inappropriate medications* (PIMs), serta mengidentifikasi efek samping obat pasien lansia yang muncul berdasarkan *Beers Criteria* 2019 di poliklinik rawat jalan salah satu rumah sakit swasta Kota Yogyakarta.

Penelitian ini dilakukan secara deskriptif observasional dengan desain penelitian *cross-sectional*. Pengambilan sampel dilakukan dengan metode *purposive sampling*. Data primer didapatkan melalui wawancara pada pasien atau keluarga yang dilanjutkan dengan pengambilan data sekunder berupa rekam medis untuk mengetahui PIMs pada pasien lansia rawat jalan. Analisis data dilakukan secara deskriptif meliputi karakteristik pasien, prevalensi PIMs, gambaran kejadian efek samping yang termasuk dalam kategori *potentially inappropriate medications* berdasarkan *Beers Criteria* 2019. Analisis kausalitas efek samping obat menggunakan Algoritma Naranjo. Adapun kriteria inklusi antara lain pasien berusia ≥ 60 tahun, minimal menerima satu obat dalam pengobatan, dan memiliki data rekam medis yang lengkap.

Penggunaan obat dengan kejadian *potentially inappropriate medications* pada pasien lansia rawat jalan di salah satu rumah sakit di Kota Yogyakarta sebesar 52% (52 pasien) dari 100 pasien dan paling banyak berhubungan dengan penggunaan obat yaitu meloxicam (40,38%) dan tramadol (38,46%). Berdasarkan analisis menggunakan Algoritma Naranjo pada 14 pasien dengan keluhan pasca minum obat, berturut-turut persentase keluhan pasien dengan PIMs terdiri dari nyeri perut (14,29%), muntah (7,14%), tremor (7,14%), gatal-gatal (7,14%), badan pegal (21,34%), alergi (7,14%), dan kepala sakit (7,14%).

Kata kunci : lansia, *potentially inappropriate medications*, *Beers Criteria* 2019, polifarmasi

ABSTRACT

The increase in elderly patients poses a treatment challenge due to decreased physiological function. The phenomenon of inappropriate medication administration known as potentially inappropriate medications can occur. This study aims to describe the use of drugs that are included in potentially inappropriate medications (PIMs), as well as identify patient drug side effects based on Beers Criteria 2019 in a private hospital in the city of Yogyakarta.

This research is a prospective research conducted in a descriptive observational manner with a cross-sectional research design. Sampling was done by purposive sampling method. Primary data was obtained through interviews with patients or families followed by secondary data collection in the form of medical records to determine PIMs in outpatient elderly patients. Data analysis was carried out descriptively including patient characteristics, prevalence of PIMs, description of side effects that were included in the category of potentially inappropriate medications based on the 2019 Beers criteria. Analysis of the causality of drug side effects used the Naranjo Algorithm. The inclusion criteria include patients aged ≥ 60 years, receiving at least one drug in treatment, and having complete medical record data.

The number of patients in this study were 100 patients. The results of research on the use of drugs that fall into the category of potentially inappropriate medications in outpatient elderly patients at a hospital in the city of Yogyakarta amounted to 52 patients (52%) out of 100 patients and were mostly related to drug use, namely meloxicam (40.38%) and tramadol (38.46%). Based on an analysis using the Naranjo Algorithm in 14 patients with post-medication complaints, successively the percentage of patient complaints with PIMs consisted of abdominal pain (14.29%), vomiting (7.14%), tremor (7.14%), itching (7.14%), body aches (21.34%), allergies (7.14%), and headaches (7.14%).

Keywords : elderly, potentially inappropriate medications, Beers Criteria 2019, polypharmacy