

INTISARI

Praktek penggunaan obat secara tidak rasional sering ditemukan di rumah sakit antara lain , penulisan obat non generik, banyak macam obat , antibiotik lebih dari satu, obat non formularium, serta obat yang tidak sesuai dengan indikasi. Ketidakrasionalan penggunaan obat maka secara ekonomi akan membebani pasien dengan membayar lebih mahal, dibanding bila peresepannya rasional, di samping itu akan mempengaruhi penyediaan obat dan keuangan di instalasi farmasi. Untuk itu telah dilakukan penelitian seperti apa pola penggunaan obat khususnya pasien umum rawat jalan, kerasonalan penggunaan obat di poliklinik spesialis anak khusus pasien Primer Kompleks Tuberkulose (PKTB) dan Infeksi Saluran Pernapasan Akut (ISPA) non pneumonia, dan pengelolaan obat di RSUD Muntilan.

Penelitian dilakukan dengan rancangan deskriptif analitik bersifat retrospektif terhadap pasien umum rawat jalan bulan Januari – Maret 2002 yang masuk ke instalasi farmasi. Sampel diambil secara acak berjumlah 703 lembar resep, wawancara mendalam dengan dokter poliklinik , petugas gudang obat dan petugas di pelayanan rawat jalan instalasi farmasi, untuk memperjelas faktor – faktor yang mempengaruhi penggunaan obat dan pengelolaan obat di RSUD Muntilan.

Hasil penelitian menunjukkan bahwa 1) penggunaan obat di poliklinik RSUD Muntilan khususnya pasien umum tidak rasional, karena purata obat per resep rata – rata 2,8; obat antibiotik yang ditemui 39,3 %; penulisan resep dengan nama generik 43,67 %, 2) Pola pengobatan di poliklinik spesialis anak khususnya pasien PKTB dan ISPA non pneumonia tidak rasional, dilihat dari perbedaan antara peresepan dengan pedoman pengobatan Depkes RI., (2001) dan rata – rata biaya peresepan pada bulan Juli 2002 untuk ISPA non pneumonia Rp 24.838,- 2 X lipat bila dibanding dengan pedoman pengobatan Rp 12.575,-, dan PKTB anak sebesar Rp 30.908,- 4 X lipat bila dibanding dengan pedoman pengobatan Rp 8.948,- 3) pengelolaan obat di instalasi farmasi sudah efisien dapat dilihat dari indikator pendapatan bersih target tribulan I tahun 2002 sudah terpenuhi, tidak adanya hutang yang belum terbayar saat jatuh tempo, 100 % kecocokan antara stock obat dan fisik obat di gudang, obat kadaluwarsa tidak melebihi 10 % yaitu obat inpres 2,75 % dan obat swakelola 2,43 %, dan resep yang tidak terlayani 0,58 % karena obat kosong, dan 1,57 % obat diluar formularium.

Kata kunci : penggunaan obat yang rasional, pengelolaan obat, peresepan, pedoman pengobatan.

ABSTRACT

Practice of irrational drug use often found in hospital such as the prescription of non medicine, various types of medicine, more than one medicine out of formularium drug, as well as drugs that were inappropriate indications. Irrationality of drug use, economically, will burden patients to pay more expensive cost compared with rational prescription. In addition, it will influence the drug providence and financial in pharmaceutical installation. Therefore, a research regarding prescription method in *RSU Muntilan* especially out patients' treatment, the rationality use of drug in child special policlinic especially for *PKTB* and acute respiratory system of non-pneumonia children and management of drug in *RSU Muntilan* has been done.

This research was done with retrospective analytic descriptive design toward general patient who were considered as out patient in January – March 2002 who visited pharmaceutical installation. Randomly chosen sample was 703 prescriptions that were obtained from in-depth interview with policlinic doctor, official of drug storehouse and official of out patient service in pharmaceutical installation in order to explain, in details, factors that had influence toward the use of drug and management of drug in *RSU Muntilan*.

The result of this research showed that 1) the use of drug in policlinic *RSU Muntilan* especially general patients was irrational as the average of drugs per prescription in average was 2,8%, found antibiotic drug was 39,3%; and non medicine was 43,67% 2) treatment method in special policlinic for children especially *PKTB* and acute respiratory system of non-pneumonia patients was irrational if we seen from the difference between prescription with Department of Health treatment guidance (2001) and the average cost of prescription in July 2002 for acute respiratory system of non-pneumonia children Rp 24.838,00 which was 2 times bigger than treatment guidance that was Rp 12.575,00 and *PKTB* of the children that was Rp 30.908,00, which was 4 times bigger than if we compared with treatment guidance that was Rp 8.949,00. 3) Management of drug in the pharmaceutical installation was already efficient. This can be seen from the indicator of net income of the first three months target in the year of 2002 which already fulfilled, there was no unpaid owe in the due date, 100% suitability between stock of drugs and physical of drugs in the storehouse, expired drugs was not more than 10% that was *inpres* drug 2,75%, self management drugs 2,43% and non served prescription 0,58% because of the out stock of the drug, and 1,57% of out of formularium medicine.

Keyword: Rational drug use, drug management, prescription, treatment guidance