

Intisari

Latar Belakang: Asetilsistein dan ambroxol merupakan 2 obat yang paling sering diresepkan pada pasien PPOK pasca eksaserbasi akut di RS Paru Respira. Studi literatur menunjukkan penggunaan asetilsistein atau ambroxol dapat mempercepat perbaikan luaran klinis pasien PPOK pasca eksaserbasi akut. Namun, belum ada data terkait perbandingan luaran klinis antara kedua obat tersebut dalam mempercepat perbaikan pasca eksaserbasi akut.

Tujuan: Penelitian ini bertujuan untuk mengetahui perbandingan luaran klinis pemberian asetilsistein dan ambroxol pada pasien PPOK pasca eksaserbasi akut dalam penurunan skor *COPD Assesment Test* (CAT) dan skor batuk di Poliklinik Rawat Jalan RS Paru Respira.

Metode: Penelitian dilakukan dengan desain kohort prospektif untuk menilai perbandingan luaran klinis pemberian asetilsistein dan ambroxol pada pasien PPOK pasca eksaserbasi akut (J44.1) yang berobat di Poliklinik Rawat Jalan RS Paru Respira selama bulan Agustus 2023. Pasien dibagi menjadi kelompok asetilsistein (n=30) dosis 200 mg tiap 8 jam (10 tablet) dan kelompok ambroxol (n=30) dosis 30 mg tiap 8 jam (20 tablet). Luaran klinis dilakukan terhadap skor CAT pada hari ke-0 dan ke-30, skor batuk pada hari ke-0 dan hari ke-4. Pengolahan data dilakukan analisis statistik *Independent T test* atau *Mann Whitney U Test* dan regresi linear.

Hasil dan Pembahasan : Hasil analisis statistik menunjukkan tidak ada perbedaan signifikan antara penggunaan asetilsistein dan ambroxol dalam memperbaiki luaran klinis ($p > 0,05$), baik pada parameter skor batuk maupun skor CAT. Pada kelompok asetilsistein dibanding ambroxol didapatkan rerata penurunan skor batuk pagi $-1,10 \pm 1,11$ vs $-0,87 \pm 1,12$ ($p = 0,228$), skor batuk malam $-1,53 \pm 1,43$ vs $-1,13 \pm 1,31$ ($p = 0,438$), dan skor CAT $-2,43 \pm 5,45$ vs $-2,90 \pm 3,41$ ($p = 0,391$).

Kesimpulan: Pemberian terapi tambahan berupa asetilsistein atau ambroxol pada penelitian ini tidak ada perbedaan signifikan dalam menurunkan skor batuk dan skor CAT pada pasien PPOK pasca eksaserbasi.

Kata Kunci: Asetilsistein, Ambroxol, PPOK, skor CAT, skor batuk

Abstract

Background: Acetylcysteine and ambroxol are the 2 drugs most frequently prescribed for COPD patients after an acute exacerbation at Respira Lung Hospital. Literature studies show that the use of acetylcysteine or ambroxol can accelerate the improvement in clinical outcomes of COPD patients after an acute exacerbation. However, there is no data regarding the comparison of clinical outcomes between the two drugs in accelerating improvement after acute exacerbations.

Objective: This study aims to determine the clinical outcomes of administering acetylcysteine and ambroxol to COPD patients after an acute exacerbation in terms of reducing COPD Assessment Test (CAT) scores and cough scores at the Respira Lung Hospital Polyclinic.

Methods: The study was conducted with a prospective cohort design to assess the clinical outcomes of acetylcysteine and ambroxol administration in post-acute exacerbation COPD patients (J44.1) who were treated at the Respira Lung Hospital Outpatient Clinic during August 2023. Patients were divided into the acetylcysteine group (n= 30) and ambroxol group (n=30). Clinical outcomes were based on CAT scores on days 0 and 30, cough scores on days 0 and 4. Data analysis processing was carried out using the Independent T test or Mann Whitney U Test and linear regression statistical tests.

Results and Discussion: The study was conducted with a prospective cohort design to assess the comparison of clinical outcomes of acetylcysteine and ambroxol administration in COPD patients after acute exacerbation (J44.1) who sought treatment at the Respira Lung Hospital Outpatient Polyclinic during August 2023. Patients were divided into acetylcysteine group (n=30) 200 mg dose every 8 hours (10 capsules) and ambroxol group (n=30) 30 mg dose every 8 hours (20 tablets). Clinical outcomes were performed on CAT score on day 0 and day 30, cough score on day 0 and day 4. Data processing was performed by statistical analysis of Independent T test or Mann Whitney U Test and linear regression.

Conclusion: The administration of additional therapy in the form of acetylcysteine or ambroxol in this study did not make a significant difference in reducing cough scores and CAT scores in post-exacerbation COPD patients.

Key words : Acetylcysteine, Ambroxol, COPD, CAT Score, Cough Score