

INTISARI

PPOK merupakan penyakit bersifat progresif yang persisten, tidak dapat disembuhkan, tetapi gejalanya dapat membaik jika seseorang diterapi dengan obat-obatan. Kombinasi terapi inhalasi yang tepat digunakan untuk mengurangi risiko kejadian eksaserbasi, mengatasi penurunan fungsi paru-paru, dan menurunkan biaya medis langsung pasien. Penelitian ini bertujuan untuk mengetahui rata-rata biaya medis langsung dan perbedaan biaya medis langsung dua kombinasi inhalasi (antara budesonid/formoterol dengan salmeterol/flutikason) dan tiga kombinasi inhalasi (antara salmeterol/flutikason/tiotropium bromida dengan budesonid/formoterol/tiotropium bromida) yang digunakan pasien PPOK rawat jalan di RS Respira Yogyakarta.

Rancangan penelitian ini adalah observasional analitik dengan pendekatan *cross-sectional*. Subjek penelitian adalah pasien PPOK rawat jalan berusia >18 tahun yang mendapatkan dua dan tiga kombinasi terapi inhalasi. Pengambilan data pengobatan dan biaya medis langsung melalui *consecutive sampling* secara retrospektif dari bagian rekam medis RS Respira di bulan Juli 2023. Perbedaan pemberian pola kombinasi terapi inhalasi terhadap rata-rata biaya medis langsung diuji normalitas dengan Shapiro-Wilk, dilanjutkan dengan analisis statistik non parametrik Mann-Whitney.

Terdapat 124 subjek penelitian yang terbagi menjadi kelompok yang mendapatkan kombinasi inhalasi budesonid/formoterol (19,35%), kombinasi inhalasi salmeterol/flutikason (19,35%), kombinasi inhalasi budesonid/formoterol/tiotropium bromida (30,65%), dan kombinasi inhalasi salmeterol/flutikason/tiotropium bromida (30,65%). Hasil penelitian menunjukkan rata-rata biaya medis langsung per episode rawat jalan tidak memiliki perbedaan bermakna ($p = 0,091$) antara kelompok pasien budesonide/formoterol (Rp279.775,29±108.156,99) dengan kelompok pasien salmeterol/flutikason (Rp316.246,21±98.265,95). Rata-rata biaya medis langsung antara kelompok pasien budesonid/formoterol/tiotropium bromida (Rp729.246,21±69.918,30) dengan kelompok pasien salmeterol/flutikason/tiotropium bromida (Rp723.927,97±74.578,66) juga tidak berbeda signifikan ($p = 0,486$).

Kata kunci : PPOK, analisis biaya, biaya medis langsung, kombinasi terapi inhalasi.

ABSTRACT

COPD is a persistent, incurable progressive disease, but symptoms can improve if a person is treated with medication. The right combination of inhalation therapies is used to reduce the risk of exacerbation events, improve lung function, and lower patients' direct medical costs. This study aims to determine the average direct medical cost and difference in direct medical cost in COPD outpatients who received two inhalation combinations (between budesonid/formoterol and salmeterol/fluticasone) and three inhalation combinations (between salmeterol/fluticasone/tiotropium bromide and budesonid/formoterol/tiotropium bromide) at RS Respira Yogyakarta.

The design of this research is observational analytic with a cross-sectional approach. The subjects of the study were COPD outpatients aged >18 years old who received two and three inhalation combination therapies. Medication and direct medical costs data are obtained retrospectively through consecutive sampling from the medical record department of RS Respira in July 2023. The difference between combination inhalation therapy patterns against the average direct medical cost was directly tested for normality with Shapiro-Wilk, followed by Mann-Whitney's non-parametric statistical analysis.

The subject were 124 patients divided into groups that received a combination inhalation of budesonide/formoterol (19,35%), combination of salmeterol/fluticasone (19,35%), combination of budesonid/formoterol/tiotropium bromide (30,65%), and combination of salmeterol/fluticasone/tiotropium bromide (30,65%). The results showed that the average direct medical costs did not have a significant difference ($p = 0,091$) between the budesonide/formoterol patient group (Rp279.775,29±108.156,99) and the salmeterol/fluticasone patient group (Rp316.246,21±98.265,95). The average direct medical costs between the budesonide/formoterol/tiotropium bromide patient group (Rp729.246,21±69.918,30) and the salmeterol/fluticasone/tiotropium bromide patient group (Rp723.927,97±74.578,66) were also not significantly different ($p = 0,486$).

Keywords = COPD, cost analysis, direct medical cost, combination inhalation therapy.