

INTISARI

Epilepsi pada populasi pediatrik perlu mendapat perhatian karena efek samping obat (ESO) dari penggunaan obat antiepilepsi (OAE) berpotensi memengaruhi kualitas hidup dan keberhasilan terapi. Oleh karena itu, penelitian ini bertujuan untuk evaluasi ketepatan penggunaan OAE dan identifikasi profil efek samping pasien epilepsi pediatrik di Rumah Sakit Akademik Universitas Gadjah Mada.

Penelitian ini merupakan rancangan *cross sectional* dengan subjek adalah pasien berusia 3-17 tahun dalam rentang periode Januari hingga Maret 2026 di RSA UGM. Teknik pengambilan sampel dilakukan secara *convenience sampling* dengan kriteria inklusi meliputi pasien yang telah mendapat terapi OAE monoterapi atau politerapi minimal selama tiga bulan, memiliki data rekam medis lengkap, serta bersedia menjadi responden. Pengumpulan data dilakukan melalui wawancara dengan kuesioner *Pediatric Epilepsy Side Effect Questionnaire* (PESQ) dan penelusuran rekam medis. Analisis deskriptif dilakukan terhadap skor PESQ untuk menilai profil efek samping serta ketepatan penggunaan OAE berdasarkan Panduan Kemenkes 2017, PERDOSSI 2019, dan rekomendasi ILAE.

Pasien yang terlibat dalam penelitian ini sebanyak 61 orang. Hasil penelitian menunjukkan bahwa obat antiepilepsi yang diresepkan meliputi valproat sebagai obat yang paling banyak digunakan (81,97%). Ketepatan penggunaan OAE meliputi tepat indikasi (100%), tepat obat (100%), dan tepat dosis (90,16%). Evaluasi efek samping menunjukkan bahwa sebanyak 8 pasien (13,11%) mendapatkan skor 0 (tanpa efek samping), 40 pasien (65,57%) mendapat skor 1-20 (efek samping ringan), 12 pasien (19,67%) mendapat skor 21-60 (efek samping sedang), dan 1 pasien (1,64%) mendapat skor 61-100 (efek samping berat). Hasil analisis terhadap tiap aspek kelompok pertanyaan menunjukkan efek samping kognitif (57,38%) merupakan yang paling sering terjadi.

Kata kunci: epilepsi, obat antiepilepsi (OAE), efek samping, ketepatan, PESQ

ABSTRACT

Epilepsy in the pediatric population requires particular attention because adverse drug reactions (ADRs) associated with antiepileptic drugs (AEDs) may affect patients' quality of life and treatment outcomes. Therefore, this study aimed to evaluate the appropriateness of AED use and to identify the side effect profiles in pediatric epilepsy patients at the Academic Hospital of Universitas Gadjah Mada (RSA UGM).

This study employed a cross-sectional design involving patients aged 3–17 years during the period of January to March 2026 at RSA UGM. Sampling was conducted using a convenience sampling technique. Inclusion criteria included patients who had received AED monotherapy or polytherapy for at least three months, had complete medical records, and were willing to participate. Data were collected through interviews using the Pediatric Epilepsy Side Effect Questionnaire (PESQ) and medical record reviews. Descriptive analysis was performed on PESQ scores to assess side effect profiles and the appropriateness of AED use based on the 2017 Ministry of Health guidelines, 2019 PERDOSSI guidelines, and International League Against Epilepsy (ILAE) recommendations.

A total of 61 patients were included in this study. The results showed that valproate was the most commonly prescribed AED (81.97%). The appropriateness of AED use included appropriate indication (100%), appropriate drug selection (100%), and appropriate dosage (90.16%). Evaluation of side effects showed that 8 patients (13.11%) had a score of 0 (no side effects), 40 patients (65.57%) had scores of 1–20 (mild), 12 patients (19.67%) had scores of 21–60 (moderate), and 1 patient (1.64%) had scores of 61–100 (severe). Analysis across PESQ domains indicated that cognitive side effects (57.38%) were the most frequently reported.

Keywords: epilepsy, antiepileptic drugs (AEDs), side effects, appropriateness, PESQ