

ABSTRAK

Kemoterapi oral menjadi salah satu terapi antikanker yang mulai banyak digunakan saat ini dan berpotensi menimbulkan efek samping seperti halnya kemoterapi intravena. Penelitian ini bertujuan untuk mengetahui pola penggunaan, angka kejadian, jenis, dan tingkat keparahan efek samping kemoterapi oral di RSA UGM. Penelitian menggunakan desain *cross-sectional* dengan *consecutive sampling* pada 97 pasien kanker rawat jalan periode Januari–Februari 2026. Data efek samping nonhematologi diperoleh melalui wawancara mengacu pada Algoritma Naranjo, sedangkan efek samping hematologi bersumber dari rekam medis.

Jenis kanker terbanyak adalah kanker payudara (43,30%) dan kanker paru-paru (42,27%). Sebanyak 63,92% pasien mengalami efek samping nonhematologi dengan efek samping terbanyak berupa mual, kulit kering dan gatal, serta sariawan. Sebanyak 70,10% pasien mengalami efek samping hematologi, dengan anemia sebagai efek samping terbanyak (48,45%). Tingkat keparahan efek samping didominasi grade 1, menunjukkan bahwa efek samping kemoterapi oral pada pasien kanker rawat jalan di RSA UGM secara umum tergolong ringan dan relatif aman.

Kata kunci: efek samping, kanker, kemoterapi oral

ABSTRACT

Oral chemotherapy is one of the anticancer therapies that is increasingly being used today and has the potential to cause side effects, just like intravenous chemotherapy. This study aims to determine the patterns of use, incidence rates, types, and severity of oral chemotherapy side effects at RSA UGM. The study employed a cross-sectional design with consecutive sampling among 97 outpatient cancer patients during the January–February 2026 period. Data on non-hematologic side effects were obtained through interviews based on the Naranjo Algorithm, while hematologic side effects were derived from medical records.

The most common types of cancer were breast cancer (43.30%) and lung cancer (42.27%). A total of 63.92% of patients experienced non-hematologic side effects, with the most common being nausea, dry and itchy skin, and mouth sores. A total of 70.10% of patients experienced hematological side effects, with anemia being the most common (48.45%). The severity of side effects was predominantly grade 1, indicating that the side effects of oral chemotherapy in outpatient cancer patients at RSA UGM are generally mild and relatively safe.

Keywords: *cancer, oral chemotherapy, side effects*