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Evaluasi Pengelolaan Obat Kedaluwarsa Pada Puskesmas di Kota Ambon
CICILLIA DEBORA MELISSA SUMARDI, Dr. apt. Diah Ayu Puspandari., M.B.A., M.Kes. ; Apt. Anna Wahyuni Widay
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INTISARI

Obat adalah komponen penting pelayanan kesehatan yang harus dikelola efektif untuk menjamin ketersediaan, mutu, dan keamanan serta mencegah pemborosan akibat kedaluwarsa. Penelitian ini bertujuan untuk mengetahui gambaran obat kedaluwarsa pada puskesmas di Kota Ambon tahun 2024, gambaran indikator pengelolaan obat yang berpotensi terhadap kejadian kedaluwarsa, mengidentifikasi faktor penyebab dan dampaknya, serta merumuskan rekomendasi strategi perbaikan

Penelitian ini menggunakan desain deskriptif dengan pendekatan kuantitatif dan kualitatif. Populasi penelitian ini Adalah semua puskesmas di Kota Ambon dan sampel penelitian yang memenuhi kriteris inklusi ini dalah 17 Puskesmas dan Kepala Instalasi Farmasi Kota Ambon. Instrumen penelitian ini berupa panduan wawancara terstruktur. Analisis data kuantitatif dilakukan secara deskriprif menggunakan perhitungan indikator pengelolaan obat yang didapatkan dari pengelolan laporan RKO, LPLPO, Laporan Permintaan, Laporan Obat ED dan Laporan Rekapitulasi 2024 diolah dan disajikan dalam bentuk tabel. Analisis data kualitatif didapatkan dari wawancara mendalam dengan responden dan dianalisis secara tematik.

Hasil penelitian menunjukkan bahwa obat kedaluwarsa ditemukan pada puskesmas di Kota Ambon dengan persentase nilai kedaluwarsa paling rendah 0,12% dan paling tinggi 2,97% dan jumlah item obat paling sedikit 2 dan paling banyak 33. Faktor yang berkontribusi terhadap terjadinya obat kedaluwarsa meliputi ketidaktepatan perencanaan kebutuhan, ketidaksesuaian jumlah permintaan dan penerimaan, stok berlebih, belum optimalnya penerapan prinsip FEFO, perubahan pola peresepan, keterbatasan sumber daya manusia, serta adanya kebijakan internal puskesmas dan pendistribusian ke IFK memikiki masa simpan yang pendek. Dampak yang ditimbulkan meliputi pemborosan anggaran, menambah beban kerja, mengganggu mutu pelayanan pasien dan berpotensi menurunkan reputasi puskesmas karena dikhawatirkan menyerahkan obat kedaluwarsa kepada pasien. Kesimpulan penelitian ini adalah pengelolaan obat kedaluwarsa pada puskesmas di Kota Ambon masih perlu diperbaiki melalui penguatan perencanaan berbasis konsumsi, optimalisasi monitoring stok dengan membauat *traffic light* dan sistem informasi yang terintegrasi, penerapan FEFO secara konsisten, redistribusi obat mendekati kedaluwarsa,serta peningkatan kapasitas SDM.

Kata Kunci : Indikator Pengelolan Obat, Kedaluwarsa, Puskesmas

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ABSTRACT

Medications are a crucial component of healthcare services that must be managed effectively to ensure availability, quality, and safety, and to prevent waste due to expiration. This study aims to determine the prevalence of expired medications in community health centers in Ambon City in 2024, identify drug management indicators that potentially contribute to expiration, identify the causal factors and their impacts, and formulate recommendations for improvement strategies.

This study used a descriptive design with quantitative and qualitative approaches. The study population comprised all community health centers in Ambon City, and the sample that met the inclusion criteria were 17 community health centers and the Head of the Ambon City Pharmacy Installation. The research instrument was a structured interview guide. Quantitative data analysis was conducted descriptively using calculations of medication management indicators obtained from the management of RKO (RKO) reports, LPLPO (Large-Scale Drug Orders), Request Reports, ED Drug Reports, and the 2024 Recapitulation Report, which were processed and presented in tabular form. Qualitative data analysis was obtained through in-depth interviews with respondents and analyzed thematically.

The results of the study showed that expired drugs were found in community health centers in Ambon City with the lowest percentage of expiration value of 0.12% and the highest of 2.97% and the number of drug items at least 2 and at most 33. Factors that contributed to the occurrence of expired drugs include inaccurate planning needs, mismatch between the number of requests and receipts, excess stock, less than optimal implementation of the FEFO principle, changes in prescribing patterns, limited human resources, as well as the existence of internal policies of community health centers and distribution to IFK having a short shelf life. The impacts include wasting budget, increasing workload, disrupting the quality of patient care and potentially reducing the reputation of community health centers because of concerns about handing over expired drugs to patients. The conclusion of this study is that the management of expired drugs in community health centers in Ambon City still needs to be improved through strengthening consumption-based planning, optimizing stock monitoring by creating traffic lights and integrated information systems, consistent implementation of FEFO, redistribution of drugs approaching expiration, and increasing human resource capacity.

Keywords: Drug Management Indicators, Drug Expired, Community Health Centers.