

INTISARI

Osteoarthritis (OA) merupakan penyakit sendi yang progresif berakibat pada rasa sakit dan keterbatasan dalam bergerak. OA membutuhkan pengobatan dalam jangka panjang sehingga pola pengobatan yang tepat sangat dibutuhkan. Tujuan dari penelitian ini adalah untuk mengetahui karakteristik pasien OA dan pola penggunaan obat OA, mengetahui rasionalitas penggunaan obat, serta melihat *outcome* terapi pasien.

Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross-sectional*. Pengambilan data penggunaan obat dilakukan dengan mengambil data rekam medis pasien OA rawat jalan di RS PKU Muhammadiyah Yogyakarta periode September 2016 – Maret 2017. Pengukuran *outcome* terapi dilakukan menggunakan kuesioner *Western Ontario and McMaster Universities Osteoarthritis Index* (WOMAC). Evaluasi rasionalitas penggunaan obat dilakukan berdasarkan *guideline* Rekomendasi Perhimpunan Reumatologi Indonesia. Evaluasi *outcome* terapi dilakukan dengan membandingkan skor WOMAC pada bulan Agustus 2016 dengan bulan Maret 2017, *outcome* dikatakan membaik jika terjadi penurunan skor dan sebaliknya.

Dari hasil penelitian, diperoleh 20 pasien yang memenuhi kriteria inklusi. Karakteristik pasien paling banyak berjenis kelamin perempuan (n=18), berusia 55 – 69 tahun (n=10), memiliki IMT obesitas baik derajat 1 maupun 2 (n=11), pekerjaan ibu rumah tangga (n=9), dan menderita osteoarthritis *grade* II (n=9). Jenis obat yang paling sering diresepkan kepada pasien yaitu Meloksikam (n=17) dan kombinasi obat yang paling sering yaitu OAINS + analgesik + kortikosteroid oral (n=13). Rasionalitas penggunaan obat osteoarthritis sudah 100% tepat indikasi, 100% tepat pasien, 90% tepat obat, dan 100% tepat dosis. Terdapat 10% (n=2) pasien yang mengalami efek samping terhadap penggunaan obat osteoarthritis. Terdapat 95% (n=19) pasien dengan *outcome* terapi membaik dan 5% (n=1) tidak membaik.

Kata kunci: osteoarthritis, rasionalitas pengobatan, *outcome* terapi, WOMAC

ABSTRACT

Osteoarthritis is a progressive joint disease resulting in pain and limitation of movement. OA requires long term treatment, therefore proper treatment pattern is needed. The aims of this study were to determine patient's characteristics and drug use patterns, to evaluate rationality of osteoarthritis drug use, and to determine the therapeutic outcome.

This study was a descriptive study with cross-sectional design. Data of the drug usage were obtained from medical record of the patients with osteoarthritis at Outpatient Clinic PKU Muhammadiyah Yogyakarta Hospital from September 2016 to March 2017. The outcome measurement was performed using Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC). Evaluation of rational drug use was based on guideline recommendation of the Indonesian Rheumatology Association. Evaluation of treatment outcome was done by comparing the WOMAC score in August 2016 to March 2017, the outcome was said to be improved if there is a decrease in score and vice versa.

From the research results, there were 20 patients who met the inclusion criteria. The majority of patients were female (n = 18), aged 55-69 years (n = 10), had a BMI of obesity both grade 1 and 2 (n = 11), housewives (n = 9), and suffered from osteoarthritis grade II (n = 9). The type of drug most often prescribed to the patient is meloxicam (n = 17) and combination drug most frequently is NSAIDs + analgesics + oral corticosteroids (n = 13). The rationality of the osteoarthritis drug use were 100% right indication, 100% right patient, 90% right drug, and 100% right dose. There were 10% (n = 2) patients who experienced side effects on osteoarthritis drug use. There were 95% (n = 19) of patients with improved therapeutic outcome and 5% (n = 1) did not improve.

Keywords : osteoarthritis, rational drug use, therapeutic outcome, WOMAC