

**EFEKTIFITAS PENGIRIMAN PESAN PENGINGAT (SMS *REMINDER*)
TERHADAP PENINGKATAN KETERATURAN PENGOBATAN
PENDERITA TUBERKULOSIS DI FASILITAS PELAYANAN
KESEHATAN KABUPATEN SLEMAN**

INTISARI

Sudiya¹, Fatwa Sari Tetra Dewi², Adi Utarini³

Latar Belakang : Masa pengobatan yang panjang menyebabkan sebagian penderita tuberkulosis tidak teratur minum obat. Kurangnya keteraturan pengobatan menjadi salah satu faktor belum tercapainya angka kesembuhan penderita tuberkulosis. Pengiriman pesan pengingat (SMS *reminder*) diharapkan dapat meningkatkan keteraturan pengobatan penderita TB sehingga dosis obat dapat diselesaikan sesuai waktunya.

Tujuan penelitian : Mengetahui kegunaan SMS *Gateway* sebagai media pengiriman pesan pengingat bagi penderita TB, mengetahui efektifitas pengiriman pesan pengingat (SMS *reminder*) terhadap peningkatan keteraturan pengobatan penderita TB dan mengetahui tanggapan penderita TB terhadap SMS yang diterima.

Metode penelitian : Jenis penelitian quasi eksperimen dengan dua kelompok penelitian. Kelompok kontrol adalah penderita TB baru yang ditemukan pada bulan Mei-Juni 2014, menjalani pengobatan fase intensif dan tidak dikirim SMS. Kelompok eksperimen adalah penderita TB baru yang ditemukan pada bulan Nopember-Desember 2014, menjalani pengobatan fase intensif, dikirim SMS setiap pagi antara pukul 05.00-05.30 WIB mulai hari pertama pengobatan. Keteraturan minum obat diukur dengan menghitung jumlah hari untuk menghabiskan dosis obat. Pengolahan SMS tanggapan responden dengan *open coding*, analisis data dengan STATA untuk melihat perbedaan proporsi keteraturan pengobatan.

Hasil penelitian : *Software* SMS *Gateway* dapat dijalankan dengan lancar. Responden memberikan tanggapan yang positif dan terjadi komunikasi timbal balik antara petugas dan pasien. Responden merasa diberi perhatian oleh petugas, bertanya mengenai waktu minum obat dan efek samping obat, merasa diingatkan, merasa senang diberi saran-saran dan merasa yakin akan sembuh. Tidak ada responden yang dikirim SMS merasa terganggu. Hasil uji statistik diperoleh *p-value* : 0.021 dengan OR : 5.21 CI 95% : 1.28-21.24 sehingga H_0 ditolak dan H_a diterima maka disimpulkan pengiriman pesan pengingat (SMS *reminder*) efektif meningkatkan keteraturan pengobatan penderita TB.

Kesimpulan : Pengiriman pesan pengingat (SMS *reminder*) meningkatkan keteraturan pengobatan penderita TB.

Kata kunci : SMS *reminder*, keteraturan minum obat, penderita TB.

1. Seksi Pemberantasan Penyakit, Dinas Kesehatan Kabupaten Sleman
2. Program Studi Ilmu Kesehatan Masyarakat, Fakultas Kedokteran
3. Program Studi Ilmu Kesehatan Masyarakat, Fakultas Kedokteran

THE EFFECT OF SHORT MESSAGES SERVICE (SMS) TO TREATMENT ADHERENCE OF TUBERCULOSIS PATIENTS IN INTENSIVE PHASE AT HEALTH CARE FACILITIES OF SLEMAN DISTRICT

Sudiya¹, Fatwa Sari Tetra Dewi², Adi Utarini³

ABSTRACT

Background : Long treatment duration leads to poor treatment adherence among tuberculosis patients. Lack of treatment adherence is one of the factors causing low cure rate and default treatment (drop out). The effect of short messages service via mobile phones was expected to increase treatment adherence of TB patients to complete the appropriate drug dosage timely.

Objective : To examine the effect of short message service through SMS gateway to treatment adherence of TB patients and to explore the response of TB patients to the SMS.

Research methods : Quasi-experimental research. The control group was new TB cases were found in May-June 2014, undergoing the daily phase treatment and not sent SMS. The experimental group was new TB cases were found in November-December 2014, undergoing the intensive phase treatment, was sent SMS to take medication every morning between the hours of 05:00 to 5:30 pm beginning the first day of treatment. The treatment adherence was measured by counting the number of days to spend the dose of medication. SMS processing of respondent's response with open coding, univariate, bivariate and multivariate analysis with STATA to determine the difference in the proportion of treatment adherence.

Result : SMS Gateway software can run smoothly. Respondents gave a positive response and there were mutual communication between the officer and the patient. Respondents lots to asked many questions about time to take medication, side effects of medication, felt reminded, was given attention, was delighted to be given suggestions and feel confident will recover. Statistical test results obtained $p\text{-value} = 0.021$ ($p < 0.05$) thus concluded that short messages service give effect to the treatment adherence of tuberculosis.

Conclusion : Short messages service (SMS) give effect to the treatment adherence of TB patients in intensive phase.

Keywords : SMS, treatment adherence, TB patients.

1. Communicable Disease Section, Sleman District Health Office
2. Section of Public Health Sciences, Faculty of Medicine
3. Section of Public Health Sciences, Faculty of Medicine