

INTISARI

Pengobatan epilepsi dilakukan dalam jangka waktu lama bahkan hingga seumur hidup. Lama pengobatan sering dikaitkan dengan kejadian efek samping yang dialami oleh pasien. Tujuan penelitian untuk mengetahui pola pengobatan epilepsi secara monoterapi dan mengevaluasi efek samping yang terjadi pada pasien epilepsi pediatrik rawat jalan di Instalasi Kesehatan Anak RSUP Dr. Sardjito Yogyakarta periode Januari – Maret 2015.

Penelitian dilakukan dengan rancangan *cross sectional* dengan melibatkan 27 subyek penelitian yang dipilih melalui *purposive sampling*. Evaluasi efek samping obat anti epilepsi (OAE) dilakukan dengan penilaian kuesioner *Pediatric Epilepsy Side Effect Questionnaire* (PESQ) yang diisi oleh pasien atau keluarga pasien. Penelusuran rekam medis juga dilakukan untuk mengetahui riwayat pengobatan pasien. Analisis data dilakukan secara deskriptif

Hasil penelitian menunjukkan bahwa di antara 27 subyek penelitian, OAE yang paling banyak digunakan adalah valproat (56,67%), obat selain OAE yang paling banyak digunakan adalah tiamin-niacin (62,5%), dan pasien paling banyak mendapat penyesuaian dosis secara fluktuatif (51,85%). Hasil evaluasi efek samping OAE yang digunakan oleh pasien menunjukkan bahwa pasien paling banyak mengalami efek samping perubahan tingkah laku (74,07%), diikuti gangguan kognisi (70,37%), perubahan neurologis (55,56%), gangguan motorik (37,04%), dan yang paling sedikit adalah efek samping perubahan berat badan (18,52%).

Kata kunci: epilepsi, monoterapi, efek samping, PESQ

ABSTRACT

Epilepsy treatment is a long term therapy even up to lifetime. Duration of treatment is often associated with side effects of Antiepileptic Drug (AED) experienced by the patients. The aim of the study was to determine epilepsy therapy pattern as monotherapy and to evaluate the side effects experienced by pediatric epileptic outpatients in Pediatric Polyclinic of RSUP Dr. Sardjito Yogyakarta from January – March 2015.

The study had been performed by cross sectional method involving 27 subjects who were selected through purposive sampling. Evaluation of the AED side effects was conducted by assessing the Pediatric Epilepsy Side Effect Questionnaire (PESQ) which was completed by either the patients or their family members. Medical records were also studied in order to determine the patient's treatment history. The data was analyzed descriptively.

The result showed that among 27 subjects, the most commonly used AED was valproate (56,67%), while thiamine-niacin (62,5%) was the commonly used non AED. Based on dosage, most patients seems to obtain fluctuative dose of AED (51,85%). Whereas the AED side effect evaluation showed that most patient experienced behavioral changes (74,07%), followed by cognitive disturbance (70,37%), neurological disturbance (55,56%), motoric disturbance (37,04%), and weight changes had the least side effect (18,52%).

Keywords: epilepsy, monotherapy, side effect, PESQ