

ABSTRAK

Latar belakang. Diazepam adalah obat esensial golongan benzodiazepin yang penggunaannya diawasi secara nasional dan internasional. Formularium Nasional menyebutkan bahwa, sediaan obat diazepam harus tersedia fasilitas pelayanan kesehatan primer dan rujukan. Oleh karena itu, ketersediaan diazepam untuk pelayanan kesehatan harus dapat terpenuhi.

Tujuan penelitian. Memastikan kebutuhan diazepam untuk medis tercukupi dan penggunaannya di jalur resmi, dengan mengkaji tren penggunaan diazepam di Indonesia selama tahun 2004-2013, alur distribusi serta menganalisis faktor yang mempengaruhi ketersediaan.

Metode Penelitian. Penelitian multi kasus, dengan pendekatan *mixed-method*. Penelitian dibagi menjadi tiga tahap. Penelitian tahap satu adalah penelitian deskriptif menggunakan data sekunder dari *Technical report* INCB dan Kemenkes RI untuk mengkaji penggunaan diazepam. Penggunaan diazepam dihitung berdasarkan konsumsi (dalam kg) per tahun dikurangi 20% sebagai *buffer stock*, dan kemudian dihitung dalam “*Define Daily Doses for Statistical purposes*” (S-DDD). Penelitian tahap dua adalah penelitian kualitatif melalui analisis isi, wawancara mendalam dan uji Delphi, untuk mengkaji alur distribusi dan kebocoran distribusi. Penelitian tahap tiga adalah survei terhadap apoteker dan dokter di DIY untuk mengkaji ketersediaan diazepam dan hambatan ketersediaan.

Hasil penelitian. Selama periode sepuluh tahun konsumsi dan penggunaan diazepam di Indonesia berfluktuasi dan ada kecenderungan terjadi penurunan. Rerata konsumsi diazepam selama sepuluh tahun 0,56 S-DDD, sedangkan penggunaan 0,45 S-DDD. Rerata penggunaan 0,53 S-DDD pada tahun 2004-2006, sedangkan pada tahun 2011-2013 sebesar 0,29 S-DDD, terjadi penurunan 45%. Penggunaan benzodiazepin di Indonesia selama kurun waktu sepuluh tahun terbesar diazepam 0,45 S-DDD dan alprazolam 0,32 S-DDD, benzodiazepin lain kurang dari 0,1 S-DDD. Distribusi diazepam di jalur resmi melalui berbagai titik distribusi dari mulai produsen, *supplier*, jalur distribusi, fasilitas kesehatan dan pasien sebagai pengguna akhir. Tidak teridentifikasi adanya infiltrasi distribusi ke jalur resmi, potensi kebocoran distribusi dapat terjadi di titik distribusi apotek, puskesmas, pasien, pedagang besar farmasi dan klinik. Ketersediaan diazepam generik mencukupi di 53% fasilitas kesehatan di DIY, ketersediaan di fasilitas kesehatan pemerintah lebih baik dari pada swasta, terdapat 34% fasilitas kesehatan swasta yang tidak menyediakan diazepam generik, namun tersedia diazepam merk dagang. Faktor terbesar yang menghambat ketersediaan adalah adanya kekhawatiran penyalahgunaan serta kekosongan obat.

Kesimpulan. Ketersediaan diazepam untuk kebutuhan medis nasional belum terpenuhi, banyak dijumpai kekosongan. Penggunaan diazepam rendah serta terjadi penurunan selama sepuluh tahun. Sistem suplai dan kekhawatiran penyalahgunaan merupakan faktor yang mempengaruhi ketersediaan, yang berdampak pada kualitas pelayanan kesehatan.

Kata kunci : diazepam, obat esensial, konsumsi, penggunaan, hambatan

ABSTRACT

Background. Diazepam is an essential medicine of benzodiazepine group that controlled by national and international regulations. National Formulary states that the availability of diazepam should be provided in primary health facilities and referral. Therefore, availability for health care has to be assured. The objectives of the study was to evaluate the use of diazepam and others benzodiazepine in Indonesia during 2004-2013, distribution and its affecting factors.

Methods. This was a multi-case study, with a mixed-method approach. The study was divided into three stages. First study was a descriptive study using secondary data from the Technical Report of the INCB and Ministry of Health of Indonesia to assess the trend of the use of diazepam. Use of diazepam by calculated on the amount of consumption deducted by 20% buffer stock. Consumption and use in kilogram then modified in Define Daily Doses for Statistical purposes (S-DDD) unit. Second study was qualitative research through content analysis, in-depth interviews and delphi test. In-depth interviews were done to investigate the distribution channel and leakage of distribution. Third study was a survey of pharmacists and doctors in the Yogyakarta Province to assess the impediments of diazepam availability.

Results. During ten year period, diazepam consumption and use was fluctuated, showing a decreased trend. Average national consumption for ten year was 0.56 S-DDD and the use was 0.45 S-DDD. Use of diazepam was 0.53 S-DDD during 2004-2006, while during 2011-2013 was 0.29 S-DDD, experienced 45% decrease. The highest use of benzodiazepine in Indonesia during 2004-2013 were diazepam and alprazolam (0.32 S-DDD), while other benzodiazepine were less than 0.1 S-DDD. Diazepam distribution through various distribution points ranging from manufacturers, suppliers, distribution channels, health facilities and patient as the end user. The potential distribution leaked were in pharmacy, public health care, patient, wholesaler and private health care. The availability of generic diazepam sufficient at 53% of health facilities, availability of public health facilities were better than the private sector, 34% of private health facilities did not provide diazepam generics. The main factors that impeded the availability were fear of abuse and limited availability of medicine in health facilities. Other factors such as fear of addiction, strict regulations, human resources to manage diazepam or other psychotropics, fear of criminal sanctions and the lack of training or knowledge among health professionals were not major impediments.

Conclusion. Availability of diazepam for medical used was unfulfilled and stockouts are often reported. During ten year period, the use was low and tend to decreased. The supply factor and fear of abuse affected the availability of diazepam.

Keywords: diazepam, essential medicine, use, consumption, impediment