INTISARI

Pada tahun 2015 Global School-Based Health Survey di Indonesia menunjukkan konsumsi rokok yang tinggi dan menyebabkan lebih dari 7 juta orang per tahun meninggal di dunia. Apoteker berperan dalam mendampingi pasien untuk menghentikan kebiasaan merokok. Tujuan penelitian ini yaitu mengulas intervensi yang diberikan oleh apoteker terhadap perilaku berhenti merokok.

Kajian ini dibuat dengan mengikuti panduan PRISMA. Artikel didapatkan melalui pencarian pada database PubMed, Cochrane, dan Scopus. Kata kunci yang digunakan adalah *"community pharmacy"; "intervention"; AND "smoking cessation"*. Kemudian diseleksi dengan kriteria inklusi dan eksklusi. Beberapa instrumen, yaitu instrumen MINORS, CASP RCT *checklist*, dan NHLBI *quality assessment tool* digunakan untuk menilai kualitas artikel.

Sejumlah 17 artikel dianalisis karakteristiknya meliputi tahun publikasi, desain penelitian, *setting,* kelompok target, negara, intervensi kelompok kontrol, dan metode validasi biokimia. Kajian disusun berdasarkan intervensi non farmakologi dan farmakologi. Terapi non farmakologi diterapkan dengan beberapa strategi, meliputi terapi perilaku, terapi kognitif, wawancara motivasi, dan pemberian insentif. Konseling disampaikan dengan beberapa metode, meliputi *self-help, brief advice*, konseling tatap muka, dan intervensi melalui aplikasi pada *smartphone*. Terapi farmakologi dapat menggunakan NRT (transdermal/*patch*, permen karet, tablet sublingual, inhaler), cytisine, varenicline, dan bupropion.

Kata kunci: berhenti merokok, intervensi apoteker, kajian sistematis.

ABSTRACT

Based on Global School-Based Health Survey 2015 in Indonesia showed high cigarette consumption and caused more than 7 million death per year in the world. Pharmacists played important role in assisting patients to stop smoking habits. The aim of this study is to review the interventions provided by pharmacists on smoking cessation behavior.

This review was conducted following PRISMA guidelines. Articles were obtained by searching on PubMed, Cochrane, and Scopus databases. The keywords used are "community pharmacy"; "intervention"; AND "smoking cessation". Then selected by inclusion and exclusion criteria. Assessment of quality article used MINORS instrument, CASP RCT checklist, and NHLBI quality assessment tool.

17 articles were analyzed for characteristic including year of publication, method, setting, target group, country, control group, and biochemical validation methods. Reviews are arranged based on non-pharmacological and pharmacological interventions. Non-pharmacological therapy is applied with several strategies, including behavioral therapy, cognitive therapy, motivational interviewing, and providing incentives. Counseling is delivered by several methods, including self-help, brief advice, face-to-face counseling, and intervention through an application on smartphone. Pharmacological therapy used NRT (patch, chewing, gum, sublingual tablet, inhaler), cytisine, varenicline, and bupropion.

Key words: smoking cessation, pharmacist intervention, systematic review.