

**PERBANDINGAN *QUALITY OF LIFE* (QoL) PENGGUNAAN OBAT
LANSOPRAZOLE DAN KOMBINASI LANSOPRAZOLE-CLIXID PADA
PASIEN DISPEPSIA DI BAGIAN PENYAKIT DALAM RSUD PROF. DR.
MARGONO SOEKARJO PURWOKERTO**

ABSTRAK

Dispepsia merupakan sindrom kronik rekuren dengan prevalensi mencapai 40-50% yang ditandai dengan gejala seperti perut terasa penuh, nyeri epigastrik, mual, muntah, dan kembung dan dapat berdampak pada kualitas hidup. Kejadian dispepsia di RSUD Prof. Dr. Margono Soekarjo masih cukup tinggi (974 pasien/9 bulan). Lansoprazole digunakan sebagai pilihan pertama terapi dispepsia, akan tetapi tidak semua pasien merespon terhadap pemberian monoterapi lansoprazole sehingga sebagai alternatif ditambahkan clixid (clidinium/chlordiazepoxide). Penelitian mengenai perbandingan kualitas hidup pasien dispepsia dengan monoterapi lansoprazole dan kombinasi lansoprazole-clixid belum banyak dilakukan. Penelitian ini bertujuan untuk mengetahui perbandingan kualitas hidup pasien dispepsia pengguna obat lansoprazole dan kombinasi lansoprazole-clixid di Bagian Dalam RSUD Prof. Dr. Margono Soekarjo Purwokerto. Penelitian ini menggunakan desain studi *cross sectional*, teknik pengambilan *non purposive sampling* dengan besar total sampel 136 responden pasien dispepsia di bagian penyakit dalam RSUD Prof. Dr. Margono Soekarjo periode November – Desember 2023. Pengumpulan data dilakukan dengan kuisisioner *Nepean Dyspepsia Index* (NDI) kemudian data dianalisis dengan uji *Mann-Whitney*. Hasil penilaian kualitas hidup yang meliputi ketegangan, pembatasan aktivitas sehari-hari, makan/minum, pengetahuan/pengendalian, dan kerja/studi menunjukkan tidak ada perbedaan signifikan ($p > 0,05$). Pemberian terapi menggunakan obat lansoprazole dan kombinasi obat lansoprazole-clixid memiliki efektivitas yang sama dalam meningkatkan kualitas hidup pasien dispepsia di Bagian Penyakit Dalam RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Kata kunci: *Chlordiazepoxide-clidinium*, Clixid, Dispepsia, Kualitas Hidup, Lansoprazole, *Nepean Dyspepsia Index*

**COMPARISON OF QUALITY OF LIFE (QoL) BETWEEN THE USE OF
LANSOPRAZOLE AND THE COMBINATION OF LANSOPRAZOLE-
CLIXID IN PATIENTS WITH DYSPESIA AT THE INTERNAL MEDICINE
DEPARTMENT OF PROF. DR. MARGONO SOEKARJO REGIONAL
GENERAL HOSPITAL, PURWOKERTO**

ABSTRACT

Dyspepsia is a chronic recurrent syndrome with a prevalence reaching 40-50%, characterized by symptoms such as a feeling of fullness in the stomach, epigastric pain, nausea, vomiting, and bloating, which can significantly impact the quality of life. The incidence of dyspepsia at Prof. Dr. Margono Soekarjo Regional General Hospital remains quite high, with 974 patients recorded over a span of 9 months. Lansoprazole is used as the first-choice therapy for dyspepsia; however, not all patients respond to monotherapy with PPI. As an alternative, clixid (clidinium/chlordiazepoxide) is added. Research comparing the quality of life of dyspepsia patients between monotherapy with lansoprazole and the combination of lansoprazole-clixid is still limited. This research aimed to determine the comparison of the quality of life of dyspepsia patients using lansoprazole alone and the combination of lansoprazole-clixid at the Internal Medicine Department of Prof. Dr. Margono Soekarjo Regional General Hospital. This research employed a cross-sectional study design, utilizing a non-purposive sampling technique with a total sample size of 136 respondents consisting of dyspepsia patients during the period of November to December 2023. Data collection was conducted using the Nepean Dyspepsia Index (NDI) questionnaire, and subsequently, the data were analyzed using the Mann-Whitney test. The assessment of quality of life, including stress, daily activity restrictions, eating/drinking habits, knowledge/control, and work/study aspects, shows no significant differences ($p > 0.05$). The administration of therapy using lansoprazole alone and the combination of lansoprazole with clixid show equal effectiveness in improving the quality of life for dyspepsia patients in the Internal Medicine Department of RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Keywords: *Chlordiazepoxide-clidinium, Clixid, Dyspepsia, Lansoprazole, Nepean Dyspepsia Index, Quality of Life*