

ABSTRAK

PENGARUH PEMBERIAN EDUKASI KEPADA PENGAWAS MENELAN OBAT TERHADAP PENINGKATAN KEPATUHAN MINUM OBAT PASIEN TUBERKULOSIS PARU DI BALAI KESEHATAN PARU MASYARAKAT KABUPATEN BANYUMAS

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Latar Belakang: Tuberkulosis (TB) Paru adalah penyakit menular yang membutuhkan pengobatan jangka panjang. Ketidakepatuhan dalam meminum obat anti-tuberkulosis (OAT) dapat mengakibatkan kegagalan pengobatan. Salah satu strategi untuk meningkatkan kepatuhan adalah dengan pengawasan langsung menelan obat. Pengawas menelan obat (PMO) berperan untuk memotivasi pasien agar tetap patuh terhadap pengobatannya, sehingga PMO perlu diberikan edukasi mengenai TB Paru, serta tugas dan peranannya terhadap pasien.

Tujuan: Mengetahui pengaruh pemberian edukasi kepada PMO terhadap peningkatan kepatuhan minum obat pasien TB Paru di Balai Kesehatan Paru Masyarakat (BKPM) kabupaten Banyumas.

Metode: Penelitian ini merupakan studi eksperimental dengan desain prospektif *two group pre-test/post-test (true experimental)*. Pengambilan sampel menggunakan teknik *total sampling* sesuai kriteria inklusi. Pengawas menelan obat pada kelompok intervensi diberikan modul dan edukasi selama 2 bulan penelitian oleh peneliti. Pengukuran kepatuhan minum obat pasien TB Paru dilakukan sebelum dan sesudah edukasi menggunakan kuesioner *Medication Adherence Rating Scale* (MARS-10).

Hasil: Sampel pada penelitian ini adalah 11 pasien kelompok kontrol dan 11 pasien kelompok intervensi. Hasil uji *Wilcoxon* terhadap skor *post-test* antara kedua kelompok menunjukkan perbedaan kepatuhan minum obat yang signifikan secara statistik ($\rho=0,003$; $\rho<0,05$).

Kesimpulan: Pemberian edukasi kepada pengawas menelan obat berpengaruh terhadap peningkatan kepatuhan minum obat pasien tuberkulosis paru di Balai Kesehatan Paru Masyarakat kabupaten Banyumas.

Kata Kunci: Tuberkulosis, Edukasi, Pengawas Menelan Obat, Kepatuhan, MARS

ABSTRACT

THE IMPACTS OF EDUCATING TREATMENT OBSERVERS TO THE IMPROVEMENT OF TUBERCULOSIS PATIENTS' MEDICATION ADHERENCE IN BANYUMAS REGION PULMONARY HEALTH CENTER

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Background: Tuberculosis (TB) is a contagious disease that needs long-term medication, thus non-adherence on taking anti-tuberculosis medicine (OAT) would result in medication failure. One of the strategies to increase adherence was by providing direct supervision on taking the medicines. Treatment observers (PMO) play an important role in motivating patients to take medicine with responsibility, therefore it is crucial to educate PMOs on tuberculosis and their duties as treatment observers to the patients.

Objectives: Understanding the impacts of educating PMOs to the improvement of tuberculosis patients' medication adherence in Banyumas Region Pulmonary Health Center (BKPM)

Methods: This research was an experimental study with prospective design of two group pre-test/post-test (true experimental). Samples were obtained using total sampling techniques in accordance with the criteria of inclusion. The PMOs of intervention groups were given modules and education for 2 months period of research by the researcher, and the measurements of tuberculosis patient's medication adherence were conducted before and after the educational means using Medication Adherence Rating Scale (MARS-10) questionnaire.

Results: Samples of this study were 11 control group patients and 11 intervention group patients. The *Wilcoxon* test result on post-test score between the two groups shows that there was a statistically significant distinction of tuberculosis patients' medication adherence ($\rho=0,003$; $\rho<0,05$).

Conclusion: Educating PMOs has significant impact on tuberculosis patients' medication adherence in Banyumas Region Pulmonary Health Center (BKPM).

Keywords: Tuberculosis, Education, Treatment Observer, Adherence, MARS