

Efektivitas pelatihan modul ADAPT (Advance in Depression And Psychosomatic Treatment) untuk meningkatkan pengetahuan dan keterampilan dokter mendiagnosis gangguan Depresi = The effectiveness of the training modules ADAPT (Advance in Depression And Psychosomatic Treatment) to enhance the knowledge and skills of physicians to diagnose Depression

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Abstrak

ABSTRAK

Dokter di Pusat Kesehatan Masyarakat (Puskesmas) kadang tidak mengenali adanya depresi pada seseorang. Pemberian pelatihan psikiatri untuk dokter di Puskesmas diperkirakan dapat meningkatkan pengetahuan dan keterampilan diagnosis terhadap masalah psikiatri. Divisi Psikiatri Komunitas Departemen Psikiatri Fakultas Kedokteran Universitas Indonesia telah menyusun suatu modul pelatihan yaitu ADAPT (Advance in Depression and Psychosomatic Treatment). Modul bertujuan untuk meningkatkan keterampilan dokter di Puskesmas dalam melakukan deteksi kasus gangguan jiwa yang sering di masyarakat. Modul merujuk pada PPDGJ III.

Tujuan: Mengetahui efektivitas pemberian pelatihan modul ADAPT dalam meningkatkan pengetahuan dan keterampilan mendiagnosis gangguan depresi pada dokter di Puskesmas.

Metode: Desain penelitian yang digunakan adalah one group pre dan post test. Subjek penelitian adalah lima belas dokter umum yang bertugas di Puskesmas Wilayah Kecamatan Tebet Jakarta Selatan. Penelitian dilakukan dalam kurun waktu Juli 2012 ? Oktober 2012. Sampel diambil secara convenient. Seluruh subjek penelitian mengikuti pelatihan modul ADAPT selama satu hari. Pengetahuan dinilai sebelum pelatihan, segera, satu bulan dan tiga bulan setelah pelatihan dengan kuesioner pengetahuan yang diisi sendiri oleh subjek. Keterampilan diagnosis dinilai sebelum pelatihan, satu hari, satu bulan dan tiga bulan setelah pelatihan dengan cara peneliti dan subjek memeriksa pasien yang sama di ruang yang berbeda. Data diolah secara deskriptif.

Hasil: Segera setelah pelatihan, 100% subjek mengalami peningkatan pengetahuan. Penilaian satu dan tiga bulan setelah pelatihan hanya 66,7% subjek yang tetap mengalami peningkatan pengetahuan. Satu hari setelah pelatihan sebanyak 93,3% subjek mengalami peningkatan keterampilan diagnosis. Satu bulan setelah pelatihan 73,3% subjek mengalami peningkatan keterampilan diagnosis. Tiga bulan setelah pelatihan hanya 60% subjek yang tetap mengalami peningkatan keterampilan diagnosis.

Kesimpulan: Pemberian pelatihan modul ADAPT efektif dalam meningkatkan pengetahuan dokter Puskesmas mengenai gangguan depresi segera setelah pelatihan. Satu bulan dan tiga bulan setelah pelatihan <70% subjek yang masih mengalami peningkatan pengetahuan. Pemberian pelatihan modul ADAPT efektif dalam meningkatkan keterampilan dokter Puskesmas dalam mendiagnosis gangguan depresi satu hari dan

satu bulan setelah pelatihan. Tiga bulan setelah pelatihan <70% subjek yang masih mampu mendiagnosis gangguan depresi.

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ABSTRACT

Introduction: Physicians in Public Health Center (PHC) sometime do not recognize the existence of depression in a person. Provision of psychiatric training for physicians in PHC is expected to enhance the knowledge and skills of physicians to the problem of psychiatric diagnosis.. Division of Community Psychiatry Departement of Psychiatry School of Medicine University of Indonesia has developed a training module that is ADAPT (Advance in Depression and Psychosomatic Treatment). This module aims to enhance the skills of doctors in the health center in case of detection of mental disorders in the community frequently. The module refers to PPDGJ-III.

Objective: To assess the effectiveness of training module ADAPT toward physicians to enhance their knowledge and skills to diagnose depressive disorders.

Methods: The study design used was one group pre and post test. Subjects were fifteen general practitioner who served in Tebet Sub Regional Health Center in South Jakarta. The study was conducted in the period July 2012 - October 2012. Samples were taken at convenient. All recipients ADAPT training modules for one day. Knowledge assessed before training, immediately, one month and three months after training with the knowledge questionnaires filled by the subject. Skills diagnosis assessed before training, one day, one month and three months after the training of researchers and subjects by examining the same patient in a different room. Data processed descriptively.

Results: Immediately after training, 100% of subjects experienced an increase in knowledge. But one and three months after training only 66.7% of the subjects continued to experience an increase in knowledge. One day after training, 93.3% of subjects experienced an increase in diagnosis skills. One month after training 73.3% of subjects experienced an increase in diagnosis skills. But three months after training only 60% of subjects were still at increased diagnosis skills.

Conclusion: Providing ADAPT training modules effective to improve knowledge of physician about depressive disorders immediately after training. However, one month and three months after training <70% of subjects were still experiencing an increase in knowledge. Providing ADAPT training modules effective in improving the ability physician skills clinic to diagnose depressive disorder one day and one month after the training. But three months after the training <70% of subjects who are capable of diagnosing depressive disorders.