

# Hubungan antara latar belakang dan tingkat pendidikan dokter dengan tingkat kesesuaian terapi nyeri pada pasien kanker dengan pedoman terapi nyeri WHO = Relationship between doctors background and level of education toward pain therapy adequacy in cancer patients using who guideline for pain therapy / Fandy Erlangga Putra

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## Abstrak

### <b>ABSTRAK</b>

Latar Belakang: Di Indonesia diperkirakan ada 100 pasien kanker baru per 100.000 penduduk setiap tahun dan nyeri menjadi salah satu masalah utama yang dihadapi pasien dengan kanker. Paint Management Index (PMI) adalah suatu instrumen untuk menilai tingkat kesesuaian terapi nyeri kanker yang dibuat berdasarkan panduan terapi nyeri kanker WHO dan Agency for Health Care Policy and Research (AHCPR). Kesesuaian terapi nyeri dinyatakan baik bila pemberian obat analgesik sesuai dengan kualitas nyeri yang dikeluhkan pasien.

Tujuan: Mengetahui hubungan antara tingkat pendidikan dan latar belakang dokter PPDS dengan tingkat kesesuaian terapi nyeri pada pasien kanker berdasarkan PMI.

Metode: Penelitian ini menggunakan desain potong lintang. Populasi penelitian adalah pasien kanker yang berobat rawat jalan maupun rawat inap di RSCM. Sampel diambil dengan metode consecutive. Data penelitian didapatkan melalui wawancara Subjek penelitian. Data dianalisis menggunakan uji chi-square dan nilai p yang dianggap bermakna apabila kurang dari 0,05.

Hasil: Sampel sebanyak 98 pasien kanker dengan rerata usia  $47,2 \pm 13,4$  tahun dan jenis kelamin terbanyak adalah perempuan (52%). Lokasi kanker tertinggi pada daerah genital (23,5%) dengan stadium kanker terbanyak pada stadium 3 (38,7%). Median intensitas nyeri sebelum dan sesudah terapi ada pada skala nyeri 4 (1-9) dan 1 (0-6). Latar belakang pendidikan dokter berasal dari 5 departemen dengan tahun pendidikan terbanyak pada tahun ketiga (54,1%). Proporsi kesesuaian terapi Antinyeri (Skor PMI &#8805; 0) sebesar 54,1%. Hubungan antara kesesuaian terapi nyeri dengan latar belakang pendidikan dokter PPDS ( $p < 0,001$ ) dan tahun pendidikan ( $p = 0,022$ ).

Simpulan: Proporsi kesesuaian terapi nyeri pada pasien kanker di RSCM sebesar 54,1% dan terdapat hubungan antara tingkat pendidikan dan latar belakang pendidikan dokter PPDS dalam kesesuaian terapi nyeri kanker.

### <hr><i><b>ABSTRACT</b></i>

Background: In Indonesia, there are an estimated 100 new cancer patients per 100.000 populations every year and pain becomes one of the major problems faced by patients with cancer. Paint Management Index (PMI) is an instrument to assess the suitability of cancer pain therapy which is based on the WHO cancer pain treatment guidelines and Agency for Health Care Policy and Research (AHCPR). Suitability of pain

therapy is considered good when giving analgesics according to the pain quality which complained by the patient.

**Aim:** To know the relationship between level of education and background of doctors who participate in specialist medical education program with the suitability of pain therapy in cancer patients based on PMI.

**Method:** This study used a cross-sectional design. The study population was outpatients or inpatients with cancer at the RSCM. Samples were taken with consecutive sampling. Data were obtained through interview with the subjects. Data were analyzed using chisquare test and p values were considered significant if lower than 0.05.

**Result:** There were 98 cancer patients with a mean age of  $47.2 \pm 13.4$  years and most were female (52%). Highest location of cancers was in the genital area (23.5%) and cancer stage mostly in stage 3 (38.7%). Median of pain intensity before and after the therapy were 4 (1-9) and 1 (0-6) respectively. Doctors' educational background came from 5 different departments with the highest level of education was in the third year (54.1%). Suitability of anti-pain therapy (PMI Score  $\geq 0$ ) was 54.1%. The relationship between the suitability of pain therapy by doctors who participate in specialist medical education program ( $p < 0.001$ ) and level of education ( $p = 0.022$ ).

**Conclusion:** Suitability of anti-pain therapy in cancer patients in RSCM was 54,1% and there was association between the suitability of pain therapy by doctors who participate in specialist medical education program and level of education.