

Survei prospektif farmakoterapi nyeri pada pasien pasca bedah sesar darurat di RSUPN Cipto Mangunkusumo periode Juli 2015-Januari 2016 = A prospective survey of appropriateness of pain pharmacotherapy management in post emergency caesarean section patients in Cipto Mangunkusumo Hospital in the period of July 2015-January 2016

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Abstrak

Latar belakang: Nyeri pasca bedah yang tidak terkontrol dapat menyebabkan perubahan klinis dan fisiologis yang terkait dengan peningkatan mortalitas, morbiditas dan biaya rawat serta menurunnya kualitas hidup pasien. Sebaliknya, penggunaan analgetik yang berlebihan dapat meningkatkan risiko terjadinya efek samping obat. Studi prospektif ini bertujuan untuk mengetahui pola penggunaan analgetik (jenis, dosis, frekuensi dan cara pemberian analgetik) dan menilai keadekuatan tatalaksana nyeri, tingkat kepuasan pasien terhadap penatalaksanaan nyeri, efek samping dan interaksi obat analgetik pada pasien pasca bedah sesar emergency.

Metode: Penelitian ini merupakan studi observasional prospektif pada pasien pasca bedah sesar emergency yang dirawat di ruang perawatan Departemen Kebidanan dan Kandungan Rumah Sakit Umum Pusat Nasional Cipto Mangunkusumo (RSUPN-CM) dalam periode Juli 2015 - Januari 2016. Keadekuatan tatalaksana nyeri dinilai berdasarkan pain management index (PMI). Tingkat kepuasan pasien terhadap tatalaksana nyeri dinilai menggunakan American Pain Society Patient Outcome Questionnaire (APSPOQ). Hubungan keadekuatan tatalaksana nyeri dengan tingkat kepuasan pasien dievaluasi dengan uji Fisher's exact. Analisis statistik dilakukan menggunakan SPSS versi 20.

Hasil penelitian: Dari 92 pasien bedah sesar emergency yang dirawat di ruang inap RSUPN-CM, 80 pasien memenuhi kriteria inklusi dan menjadi subjek penelitian. Terdapat 19 pasien (8.7%) yang selama perawatan diberikan 2 jenis AINS secara bersamaan dan 28 analgetik (41.8%) yang pada hari pertama perawatan frekuensi pemberiannya kurang. Sebagian besar pasien masih merasakan nyeri dengan numeric rating scale (NRS)>3 dalam 24 jam pasca bedah: 59 pasien (73.75%) merasakannya saat aktivitas dan 7 pasien (8.75%) saat istirahat. Median tingkat kepuasan pasien terhadap penatalaksanaan nyeri selama di ruang perawatan berdasarkan skor APSPOQ adalah 7.50 (range 0-10). Tidak terdapat hubungan antara tingkat kepuasan pasien dengan kontrol intensitas nyeri, baik saat beraktivitas (Fisher's exact test, $p=0.537$) maupun saat istirahat (Fisher's exact test, $p=0.1616$). Pada penelitian ini terdapat 2 potensi terjadinya interaksi obat yaitu ketoprofen dan natrium diklonefak dengan bisoprolol.

Kesimpulan: Penatalaksanaan nyeri pasca bedah sesar emergency di RSUPN-CM masih optimal; sebagian besar (73.75% pasien) belum mendapatkan penatalaksanaan nyeri yang adekuat pada 24 jam pasca bedah, meskipun demikian, tingkat kepuasan pasien mencapai skor APSPOQ 7,50.

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Background: Uncontrolled post-operative pain can cause clinical and physiological changes leading to increased mortality and morbidity and treatment cost and decreased quality of life. On the other hand, excessive analgetic use can increase the side effects of the drug. The objective of this study was to

understand the using pattern of analgetic (type, doses, interval and analgetic used) and to evaluate the pain management of post-operative caesarean section emergency patients (pain intensity, the level of patients satisfaction to pain management, analgetic drug side effects, the appropriateness of pain management).

Methods: This was a prospective observational study conducted on patients after an emergency caesarean section and treated at The Department of Obstetry and Gynecology, National Center Hospital Cipto Mangunkusumo (RSUPN-CM) during July 2015 - January 2016. The adequacy of pain management were assessed with pain management index (PMI). Level of patient satisfaction to pain management were assessed with American Pain Society Patient Outcome Questionnaire (APSPOQ). Relationship between level of patient satisfaction and pain intensity were assessed with Fisher's exact test. Statistical analysis was performed by SPSS version 20.

Results: Out of 92 patients which have undergone emergency caesarean section and treated in RSUPN-CM, 80 patients fulfilled inclusion criteria. There were 19 patients (8.7%) that received 2 type of NSAIDs simultaneously with the total of 28 analgetics (41.8%) were given with interval of administration less than advised by the references during the first 24 hour of the treatment. Most of patients still experienced the pain during treatment with numeric rating scale (NRS) > 3 in first 24 hour post-operative: 59 patients (73.75%) had pain during movement and 8.75% (7 patients) during rest. The study median value of patient satisfaction with pain management was 7.50 (range 0-10). There is no relationship between level of patient satisfaction and pain intensity during movement ($p=0.537$) and during rest ($p=0.161$). There were 2 potential drug interaction, namely ketoprofen and sodium diclofenac with bisoprolol.

Conclusion: About 73.75% patients still experience post-operative pain which indicate that pain management of post-operative emergency caesarean section emergency in CM hospital was not yet adequate, However, level of patient's satisfaction with pain management reach the value of 7,5.