

ABSTRAK

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ANALISIS PENGGUNAAN OBAT TURBUHALER DAN RESPIMAT PADA PASIEN PENYAKIT PARU OBSTRUKTIF KRONIS DI RUMAH SAKIT X TANGERANG

Karya Tulis Ilmiah, Fakultas Ilmu Kesehatan (2025)

(XIV + 50 halaman; 11 tabel; 4 gambar; 7 lampiran)

Penyakit Paru Obstruktif Kronik (PPOK) adalah gangguan pernapasan kronis akibat respons inflamasi terhadap paparan zat berbahaya. Di Indonesia, prevalensi PPOK mencapai 3,7% 9,2 juta jiwa, di Banten sebesar 6,35%. Inhaler seperti Turbuhaler dan Respimat merupakan terapi utama, namun efektivitasnya sangat bergantung pada teknik penggunaan yang tepat. Penelitian ini bertujuan mengevaluasi tingkat pengetahuan pasien PPOK terhadap penggunaan Turbuhaler dan Respimat di Rumah Sakit X Tangerang. Metode yang digunakan adalah deskriptif non-eksperimental prospektif dengan kuesioner pada 100 pasien. Hasil menunjukkan 55,6% pasien tergolong cukup dalam penggunaan Turbuhaler dan 36% cukup dalam penggunaan Respimat. Uji korelasi menunjukkan hubungan negatif antara usia dan ketepatan penggunaan inhaler ($r = -0,528$ untuk Respimat; $r = -0,292$ untuk Turbuhaler), serta korelasi positif lemah antara lama penggunaan dan ketepatan teknik ($r = 0,082$ dan $r = 0,348$). Artinya, usia lanjut cenderung menurunkan akurasi teknik inhalasi, sementara durasi penggunaan tidak selalu menjamin keterampilan yang lebih baik. Edukasi berulang dengan metode teach-back serta lingkungan edukasi yang kondusif penting untuk meningkatkan efektivitas terapi inhalasi.

Kata Kunci: Pasien PPOK; Pengetahuan; Respimat; Turbuhaler.

Referensi: 33 (2011 – 2024)

ABSTRACT

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ANALYSIS OF TURBUHALER AND RESPIMAT DRUG USE IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE (PPOK) PATIENTS AT X HOSPITAL, TANGERANG

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(XIV+50 pages; 11 table; 4 pictures; 7 appendice)

Chronic Obstructive Pulmonary Disease (COPD) is a chronic respiratory disorder caused by an inflammatory response to harmful substances. In Indonesia, COPD prevalence reaches 3.7% or approximately 9.2 million people, with Banten province accounting for 6.35%. Inhalers such as Turbuhaler and Respimat are commonly used as primary therapy; however, their effectiveness greatly depends on proper inhalation technique. This study aims to evaluate the level of knowledge among COPD patients regarding the correct use of Turbuhaler and Respimat at Hospital X in Tangerang. A descriptive, non-experimental, prospective method was applied through questionnaires distributed to 100 patients. The results showed that 55.6% of patients demonstrated a moderate level of knowledge in using the Turbuhaler, and 36% showed a moderate level for Respimat. Correlation tests revealed a negative relationship between age and inhaler technique accuracy ($r = -0.528$ for Respimat; $r = -0.292$ for Turbuhaler), as well as a weak positive correlation between duration of use and technique accuracy ($r = 0.082$ and $r = 0.348$, respectively). These findings indicate that older age tends to reduce inhaler technique accuracy, while longer duration of use does not guarantee better skill. Repeated education using the teach-back method and a supportive educational environment are essential to improve the effectiveness of inhalation therapy.

*COPD therapy. Keywords: COPD Patients; Knowledge; Respimat; Turbuhaler
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