

GAMBARAN PENGGUNAAN OBAT GERD DI RAWAT JALAN KLINIK SADAWIRA TANJUNGSANG SUBANG

ABSTRAK

Gastrosophageal Reflux Disease (GERD) adalah gangguan pada sistem pencernaan manusia, dimana asam lambung dan isi perut mengalir kembali keesofagus. Gejala klasik GERD meliputi mulas, regurgitasi, nyeri dada, odynophagia, mual, disfagia, dan gangguan tidur malam. Selain itu manifestasi GERD dapat terjadi di luar esofagus, seperti refluks laringofaring, sensasi globus, batuk kronis, dan eksaserbasi asma. Faktor penyebab GERD yaitu mengkonsumsi obat-obatan seperti NSAID, makanan berlemak, mengkonsumsi kafein, alkohol, merokok, hormon dan obesitas. Diagnosis GERD melibatkan kombinasi evaluasi klinis, penilaian gejala, dan prosedur diagnostik seperti endoskopi, pemantauan refluks, dan manometri esofagus. Pengobatan GERD terdiri dari non-farmakologis dan farmakologis. Terapi non-farmakologis dapat dilakukan dengan modifikasi gaya hidup, termasuk pengelolaan berat badan, perubahan pola makan, meninggikan kepala saat tidur, dan menghindari makanan dan minuman yang dapat memicu GERD. Terapi farmakologis biasanya melibatkan penggunaan obat *Proton Pump Inhibitor* (PPI) seperti Omeprazole, Lansoprazole, Pantoprazole, dan Esmoprazole, yang membantu mengurangi produksi asam lambung dan meringankan gejala. Tujuan penelitian ini adalah untuk mengetahui gambaran penggunaan obat GERD di klinik Sadawira Tanjungsiang Subang. Metode penelitian ini dilakukan secara deskriptif kuantitatif yang bersifat retrospektif dengan menggunakan data berupa resep yang diambil dari klinik Sadawira. Data yang diambil pada periode Oktober – Desember 2023. Hasil dari penelitian ini menunjukkan bahwa sampel yang digunakan sejumlah 100 resep yang berisi obat GERD golongan PPI yaitu Omeprazole dan Lansoprazole, dengan persentase tertinggi yaitu Omeprazole 78%, dan Lansoprazole 22%. Kesimpulan, Omeprazole lebih banyak digunakan untuk pengobatan GERD karena obat ini lebih cepat mencapai kadar puncak plasma, sehingga memberikan efek terapi yang lebih cepat dibandingkan dengan Lansoprazole.

Kata Kunci : Gambaran penggunaan obat, GERD

DESCRIPTION OF THE USE OF GERD MEDICATION AT THE SADAWIRA TANJUNGSANG SUBANG OUTPATIENT CLINIC

ABSTRACT

Gastrosophageal Reflux Disease (GERD) is a disorder of the human digestive system, where stomach acid and stomach contents flow back into the esophagus. Classic symptoms of GERD include heartburn, regurgitation, chest pain, odynophagia, nausea, dysphagia, and nighttime sleep disturbances. In addition, GERD manifestations can occur outside the esophagus, such as laryngopharyngeal reflux, globus sensation, chronic cough, and asthma exacerbation. Factors that cause GERD are consuming drugs such as NSAID, fatty foods, consuming caffeine, alcohol, smoking, hormones and obesity. Diagnosis of GERD involves a combination of clinical evaluation, symptom assessment, and diagnostic procedures such as endoscopy, reflux monitoring, and esophageal manometry. GERD Treatment consists of non-pharmacological and pharmacological. Non-pharmacological therapy can be done with lifestyle modifications, including weight management, changes in diet, elevating the head when sleeping, and avoiding foods and drinks that can trigger GERD. Pharmacological therapy usually involves using Proton Pump Inhibitor (PPI) drugs such as Omeprazole, Lansoprazole, Pantoprazole, and Esmoprazole, which help reduce stomach acid production and relieve symptoms. The aim of this study was to determine the description of the use of GERD drugs at the Sadawira Tanjungsang Subang clinic. This research method was carried out in a descriptive, quantitative, retrospective manner using data from the prescriptions taken from the Sadawira Subang clinic. Data was taken in the period October – December 2023. The results of this study show that the sample used was 100 prescriptions containing PPI group GERD drugs, namely Omeprazole and Lansoprazole, with the highest percentage being Omeprazole 78%, and Lansoprazole 22%. In conclusion, Omeprazole is used more frequently for the treatment of GERD because it reaches peak plasma levels more quickly, thereby providing a faster therapeutic effect compared to Lansoprazole

Keywords: Description of drug use, GERD