

ABSTRAK

Kortikosteroid adalah hormon steroid yang dihasilkan di bagian korteks kelenjar adrenal, yang berperan pada banyak sistem fisiologis pada tubuh. Penggunaan kortikosteroid yang tidak sesuai baik itu dari dosis maupun lama pemberian dapat berakibat serius, diantaranya bagi penderita diabetes, penumpukan lemak, resiko hipertensi, penurunan kepadatan tulang, dan penekanan sistem kekebalan tubuh. tujuan penelitian ini adalah untuk mengetahui pola persepan obat kortikosteroid, gambaran lama pemberian, dan potensi interaksi yang mungkin terjadi pada penggunaan kombinasi kortikosteroid dengan obat lain. Penelitian ini bersifat deskriptif non eksperimen, pengambilan data dilakukan secara retrospektif melalui penelusuran data resep, transaksi penjualan, dan rekam medis pasien periode Januari 2020 di rumah sakit swasta di Bandung. Metode pengambilan sampel dilakukan secara non *random sampling* menggunakan teknik purposive sampling. Dari 170 sampel yang diteliti berdasarkan kelompok jenis kelamin 63% adalah laki-laki dan 37% adalah perempuan. Indikasi medis yang terbanyak adalah ISPA 31,8%, tonsilofaringitis 28,2%, ISPA dengan HRB 11,2%, dan demam typoid 6,5%. Frekuensi pemakaian kortikosteroid tertinggi adalah Triamcinolon 85,9% dan Methyl Prednisolon 14,1%. Berdasarkan lama pemberian kortikosteroid selama 4 hari 77,1%, 7 hari 12,4%, 5 hari 7,1%, 3 hari 1,8%, dan 10 hari 1,8%. Potensi interaksi Methylprednisolon kategori mayor adalah interaksi dengan Levofloxacin 1%, dan kategori monitor closely interaksi dengan Loratadin 32%. Potensi interaksi Triamcinolon ditemukan kategori mayor interaksi dengan Clarithromycin 1,2%, kategori moderate interaksi dengan Rifampicin 0,4%, ibuprofen 0,3%, dan Celecoxib 0,1%.

Kata kunci : Kortikosteroid, frekuensi pemakaian, lama pemberian, interaksi.

ABSTRACT

Corticosteroids are steroid hormones produced in the cortex of the adrenal glands, which play a role in many physiological systems in the body. The use of corticosteroids that are not appropriate both from the dose and duration of administration can have serious consequences, including for people with diabetes, fat accumulation, risk of hypertension, decreased bone density, and suppression of the immune system. the aim of this study was to determine the pattern of corticosteroid drug prescribing, a long description of administration, and potential interactions that might occur in the use of a corticosteroid combination with other drugs. This research is a non-experimental descriptive, retrospective data collection through tracing prescription data, sales transactions, and patient medical records for the period of January 2020 at a private hospital in Bandung. The sampling method is done by non random sampling using purposive sampling technique. From 170 samples studied by sex group 63% were male and 37% were female. The most common medical indications were ISPA 31.8%, tonsillopharyngitis 28.2%, ISPA with HRB 11.2%, and typhoid fever 6.5%. The highest frequency of corticosteroid use was Triamcinolon 85.9% and Methyl Prednisolone 14.1%. Based on the duration of corticosteroid administration for 4 days 77.1%, 7 days 12.4%, 5 days 7.1%, 3 days 1.8%, and 10 days 1.8%. Potential interactions of major categories of Methylprednisolone are interactions with Levofloxacin 1%, and the monitor closely interacts with Loratadin 32%. Potential interactions of Triamcinolon were found in the major categories of interactions with Clarithromycin 1.2%, moderate categories of interactions with Rifampicin 0.4%, ibuprofen 0.3%, and Celecoxib 0.1%.

Keywords : Corticosteroids, frequency of corticosteroid use, duration of administration, interactions.