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## EVALUASI PENGGUNAN ANTIDEPRESAN DI INSTALASI RAWAT PUSKESMAS SELALONG KABUPATEN SEKADAU TAHUN 2020

### ABSTRAK

**Latar Belakang:** Gangguan depresi merupakan salah satu jenis gangguan jiwa yang sering dijumpai dan kejadiannya di dunia mencapai 3 sampai 8%. Antidepresan merupakan salah satu obat yang digunakan pada pasien yang mengalami gangguan tersebut. Penggunaan antidepresan yang tidak sesuai dengan dosis terapi bisa menyebabkan resiko kekambuhan 45% hingga 70%. Tujuan penelitian ini untuk mengevaluasi penggunaan antidepresan di Instalasi Rawat Jalan Puskesmas Selalong Kabupaten Sekadau.

**Metode:** Penelitian dilakukan secara non eksperimental (observasional) menggunakan metode deskriptif yang bersifat retrospektif. Teknik sampling menggunakan *purposive sampling* dan didapatkan sampel sebanyak 45 pasien. Analisa data secara deskriptif dengan menggunakan acuan *Drug Information Handbook 21 edition*.

**Hasil:** Karakteristik pasien terbanyak di Puskesmas Selalong Kabupaten Sekadau pada tahun 2020 berjenis kelamin laki-laki sebanyak 34 pasien (75,57%) dan pada rentang umur 26-35 tahun sebanyak 14 pasien (31,11%). Penggunaan antidepresan meliputi golongan TCA (*Tricyclic Antidepressan*) yaitu amitriptyline sebesar 40 pasien (88,89%), kombinasi TCA (*Tricyclic Antidepressan*) + SSRI (*Selective Serotonin Reuptake Inhibitor*) sebesar 5 pasien (11,11%). Ketepatan penggunaan antidepresan meliputi tepat indikasi sebanyak 45 pasien (100%), tepat obat sebanyak 45 pasien (100%) dan tepat dosis sebanyak 43 pasien (95,65%).

**Kesimpulan:** Ketepatan penggunaan antidepresan meliputi tepat indikasi sebanyak 45 pasien (100%), tepat obat sebanyak 45 pasien (100%) dan tepat dosis sebanyak 43 pasien (95,65%).

Kata Kunci: antidepresan, evaluasi, indikasi, pasien, dosis

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**EVALUATION OF THE USE OF ANTIDEPRESSANTS IN THE  
MEDICAL INSTALLATION OUTPATIENTS OF SELALONG PUBLIC  
HEALTH CENTERS SEKADAU IN 2020**

**ABSTRACT**

**Background:** Depression is a type of mental disorder that is often encountered and its incidence in the world reaches 3 to 8%. Antidepressants are one of the drugs used in patients with this disorder. The use of antidepressants that are not in accordance with therapeutic doses can lead to a 45% to 70% risk of recurrence. The purpose of this study was to evaluate the use of antidepressants in the Outpatient Installation of the Selalong Health Center, Sekadau Regency.

**Methods:** The research was conducted non-experimentally (observational) using a retrospective descriptive method. The sampling technique used purposive sampling and obtained a sample of 45 patients. Descriptive data analysis using the reference Drug Information Handbook 21 edition.

**Results:** The characteristics of the most patients at the Selalong Health Center, Sekadau Regency in 2020 were male as many as 34 patients (75.57%) and in the age range 26-35 years as many as 14 patients (31.11%). The use of antidepressants included the TCA (Tricyclic Antidepressant) group, namely amitriptyline in 40 patients (88.89%), the combination of TCA (Tricyclic Antidepressant) + SSRI (Selective Serotonin Reuptake Inhibitor) in 5 patients (11.11%). The accuracy of the use of antidepressants includes the right indication as many as 45 patients (100%), the right drug as many as 45 patients (100%) and the right dose as many as 43 patients (95.65%).

**Conclusion:** The accuracy of the use of antidepressants includes the right indication as many as 45 patients (100%), the right drug as many as 45 patients (100%) and the right dose as many as 43 patients (95.65%).

**Keywords:** antidepressant, evaluation, indication, patient, dose