

PENGARUH PEMBERIAN EDUKASI KEPADA PENGASUH TERHADAP TINGKAT KEPATUHAN PEMBERIAN OBAT ANTI EPILEPSI PADA ANAK DENGAN EPILEPSI

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ABSTRAK

Kepatuhan merupakan masalah utama dalam terapi obat anti epilepsi karena obat anti epilepsi harus dikonsumsi sampai 2 tahun bebas kejang, sehingga diperlukan edukasi. Penelitian ini bertujuan untuk menganalisis pengaruh pemberian edukasi berupa lisan dan tertulis (*leaflet*) terhadap tingkat kepatuhan pemberian obat dari pengasuh kepada pasien anak usia ≤ 18 tahun. Rancangan penelitian ini adalah *one group pre – post test design*. Pengumpulan subjek dengan *consecutive sampling*. Subjek penelitian sebanyak 24 orang dengan kriteria tingkat kepatuhan rendah dan sedang. Edukasi lisan dan tertulis diberikan setiap minggu selama 8 minggu, penilaian tingkat kepatuhan melalui *pill count* dan *self report* setiap minggu selama 8 minggu. Hasil uji *wilcoxon signed rank* terdapat perbedaan *pre pill count* dan *post pill count*, dan hasil uji *repeated measure* terdapat pengaruh pemberian edukasi yang dapat dilihat dari peningkatan nilai *pill count* secara signifikan pada minggu ke – 3 ($p = 0,000$) dan tetap tinggi sampai akhir penelitian. Kesimpulan dari penelitian ini adalah pemberian edukasi berupa lisan dan tertulis memberikan pengaruh peningkatan kepatuhan pemberian obat dari pengasuh anak kepada pasien epilepsi anak.

Kata kunci : Asam valproat, epilepsi, edukasi, *pill count*, *self report*

THE PARENTAL ADHERENCE LEVEL IN ADMINISTRATING ORAL ANTI EPILEPTIC DRUGS TO THEIR EPILEPSY CHILDREN

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ABSTRACT

Adherence was the main problem in anti epilepsy drug therapy, because anti epilepsy drug must be consumed up to 2 years free of seizures so that required education intervention. The aims of this research was to analyze the effect of oral and written (leaflet) education of the adherence level of caregivers to pediatric patient ≤ 18 years old. Design of this study is one group pre - post test. Subject collected by consecutive sampling. Subject of study as many as 24 people with low and moderate levels of medication. Oral and written education material provided every week for 8 weeks and the adherence level analyzed through the pills count and self report every weeks during the study. The results of wilcoxon signed rank test was significantly different between pre and post pill counts, and the result of repeated measure test was increasing level of drug adherence significantly through pill count in 3rd week ($p=0,000$) and remained high until the end of this study. Conclusion of this research was the oral and written education could improved the adherence level of administering medication from caregivers to their epilepsy children.

Keywords: Valproic Acid, Epilepsy, education, *pill count*, *self report*