

INTISARI

Penyalahgunaan dan ketergantungan NAPZA yang mewabah akhir-akhir ini seolah-olah menjadi trend sekaligus momok bagi masyarakat Indonesia. Hal ini merupakan permasalahan serius mengingat terjadinya peningkatan yang signifikan jumlah penyalahguna dan ketergantungan NAPZA, yang juga berkolerasi terhadap masalah-masalah sosial yang timbul akibat penyalahgunaan tersebut.

Penelitian yang dilakukan adalah jenis penelitian non eksperimental dengan rancangan percobaan deskriptik evaluatif. Langkah penelitian yang dilakukan meliputi tahap perencanaan, tahap pengambilan data, dan tahap pengolahan data dan wawancara dokter yang merawat pasien terapi putus obat (*withdrawal syndrome*) penyalahgunaan dan ketergantungan NAPZA. Bahan yang digunakan adalah lembar rekam medik, resep dan salinan resep.

Hasil penelitian menunjukkan bahwa prosentase kasus pola pengobatan terapi putus obat (*withdrawal syndrome*) pada pasien rawat inap penyalahgunaan dan ketergantungan NAPZA di RS Dr. Sardjito tahun 1997-2002 adalah penggunaan opioid sebanyak 36,73%, zat multiple dan zat psikoaktif lainnya 26,53%, sedatif atau hipnotika 20,41%, kanabinoida 10,2%, stimulasi lain 4,08%, kokain 2,05%. Berdasarkan umur dan jenis kelamin, laki-laki dewasa 73,47%, perempuan dewasa 14,29%, laki-laki remaja 10,20% dan perempuan remaja 2,04%. Golongan obat detoksifikasi yang digunakan yaitu, antipsikotik 89,79%, antidepresan 53,06%, antiparkinson 12,24%, neuromialgikum 10,20%, antiemetik-antivertigo 8,16%, antiepilepsi 6,12%. Sedangkan obat *additional* yang digunakan yaitu, obat-obat yang termasuk kelas terapi obat darah dan gizi 46,94%, analgetik-antipiretik 22,45%, obat-obat saluran nafas 10,20%, antiinfeksi 8,16%, dan obat-obat saluran cerna 6,12%. Variasi jumlah obat yang diberikan 2-8 macam. Dosis dan frekuensi pemberian obat bervariasi tergantung tingkat keparahan pasien. Cara pakai obat adalah oral dan parenteral. Bentuk sediaan obat yang diberikan adalah tablet, kapsul, kaplet, injeksi, dan infus. Variasi lama perawatan untuk seluruh pasien berkisar 1-14 hari. Variasi keadaan akhir pasien adalah pulang dengan remisi relatif 38,78%, atas permintaan sendiri 22,45%, membaik 10,2%, remisi parsial 6,12%, sembuh sosial 2,04, diijinkan dan melarikan diri masing-masing 4,08%.

Kata kunci : pola pengobatan; putus obat (*withdrawal syndrome*); NAPZA.

ABSTRACT

Abuse and dependence on narcotics, psychotropic, and addictives, which are recently seldom happening, seem to be trend and boogies for Indonesian people. It is a serious problem considering that the significantly increasing numbers of abuse and dependence on narcotics, psychotropic, and addictives, also correlating to social problems as result of the problem.

The study was non experimental research with descriptive evaluation experimental design. The steps of research included planning, took the data, and data analysis. The materials used were medical recording sheets, medical description and its copies. Interview with doctors who treated the patients was done for supporting data accuracy.

The result of research indicated that percentage of case of pattern of withdrawal syndrome therapy treatment in patients with abuse and dependence on narcotics, psychotropic, and addictives in the RS Dr. Sardjito over 1997-2002 was use of 36.73% *opioid*, 26.53% multiple and psychoactive substances, 2.05% cocaine. Based on age and sex, the percentages were 73.47% adult males, 14.29% adult females, 10.20% adolescent males, and 2.04% adolescent females. Classification of detoxification drug percentage used in the therapy was 89.79% antipsychotic, 53.06% antidepressant, 12.24% *antiparkinson*, 10.20% *neuromialgicum*, anti-emetic and anti-vertigo 8.16%, and 6.12% anti-epilepsy. Additional drugs used in the therapy was drugs include therapeutics classes that blood and nutrient drugs 46.94%, 22.45% analgesic-antipyretics, anti-infection 8.16%, and gastrointestinal drugs 6.12%. Medicine varieties given were 2-8 types. Dosages and frequency of varying medicine administration, depending on severe rate of patients. Medicine administrations were oral and *parenteral*. Form of medicine stock were tablet, capsule, caplet, injection, and infuse. Variation of end-situation of patient was recommended going-home with 38.78% relative remission, 22.45% self-going home, 10.2% improvement, 6.12% partial remission, 2.04% social cure, 4.08% recommended and breaking away.

Key words : treatment pattern, withdrawal syndrome, narcotics, psychotropic, addictives