

GAMBARAN EFEK SAMPING TERAPI ANTIRETROVIRAL DAN KEPATUHAN TERAPI PADA PASIEN HIV DI RSUD PRABUMULIH SUMATERA SELATAN

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INTISARI

Latar Belakang: Sama seperti obat lainnya, terapi *antiretroviral* juga memiliki beberapa efek yang harus dialami oleh pasien baik ringan maupun berat. Tingkat toksisitas *antiretroviral* bisa digolongkan dalam 4 keadaan, yaitu reaksi ringan, reaksi sedang, reaksi berat, dan reaksi berat yang mengancam jiwa dengan tanda serta gejala yang berbeda. **Tujuan:** Penelitian ini untuk mengetahui gambaran efek samping terapi *antiretroviral* dan kepatuhan pada ODHA di RSUD Prabumulih Sumatera Selatan. **Metode:** Penelitian ini adalah penelitian deskriptif dengan pendekatan *cross sectional*. Sebanyak 64 ODHA yang diambil dengan pendekatan *purposive sampling* dengan kriteria inklusi ODHA yang sejak awal berobat di RSUD Prabumulih Sumatera Selatan, serta ODHA yang memiliki catatan rekam medis lengkap. Efek samping *antiretroviral* dan kepatuhan *antiretroviral* diukur dengan lembar observasi data dari rekam medis pasien *HIV*. Lembar observasi dibuat sendiri oleh peneliti yang berpedoman pada Peraturan Menteri Kesehatan Republik Indonesia tentang pedoman *Antiretroviral* Nomor 87 Tahun 2014 yang telah valid dan reliabilitas analisis data menggunakan uji *statistik deskriptif*. **Hasil:** Menunjukkan sebagian besar sampel berusia 26-35 tahun (78,1%), laki laki (71,9%), pendidikan SMA (67,2%) dan stadium 1 (84,4%). Efek samping terapi *antiretroviral* yang dirasakan sebagian besar pada derajat 1 (51,6%) dan tingkat kepatuhan terapi *antiretroviral* sebagian besar patuh minum *antiretroviral* (89,1%). Hasil tabulasi silang menunjukkan pasien yang mengalami efek samping derajat 1 semuanya patuh dalam menjalankan terapi *antiretroviral* (100%). **Kesimpulan:** ODHA di RSUD Prabumulih memiliki tingkat efek samping derajat 1 dengan tingkat kepatuhan terapi *antiretroviral* yang tinggi.

Kata Kunci: Efek Samping, Kepatuhan, HIV

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ANTIRETROVIRAL THERAPY'S SIDE EFFECT AND HIV PATIENT'S ADHERENCE TO THE THERAPY IN RSUD PRABUMULIH SOUTH SUMATRA

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ABSTRACT

Background: Antiretroviral therapy, like how other therapies have, has some side effects that may happen to the patient. The side effects vary from mild to severe. Antiretroviral toxicity can be categorized or graded in four ranges, which are; very mild reaction, mild reaction, severe reaction, and life-threatening reaction. These toxicities come with different symptoms. **Purposes:** This research is to know the side effects of antiretroviral therapy and to ODHA's adherence in RSUD Prabumulih, South Sumatra. **Methods:** This is a descriptive research using cross sectional method. Purposive sampling is used in choosing 64 ODHA who had done the treatment since the beginning in RSUD Prabumulih and complete medical record as the inclusion criteria. The side effects and adherence to antiretroviral therapy are measured from observation sheets and the patients' medical record. The observation sheets are made by the researcher which has followed the Regulation of the Minister of Health of the Republic of Indonesia Number 87 of 2014 about antiretroviral guidelines as the guidance which is valid and the data analysis' reliability is using descriptive statistics. **Result:** The results show that most of the samples are aged from 26 to 35 years old (78.1%), male (71.9%), high school student (67.2%), stage 1 patient (84.4%). The side effects of antiretroviral therapy that are felt are mostly at grade 1 (51.6%) and the adherence to antiretroviral therapy is mostly obedient to consume the drugs (89.1%). The result of cross tabulation shows the patients whose side effect is at grade 1 are all obeying and following the medication well (100%). **Conclusion:** ODHA in RSUD Prabumulih are at grade 1 side effect with good adherence to antiretroviral therapy.

Keywords: Side Effect, Adherence, HIV

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