

ABSTRACT

Background: Carpal tunnel syndrome is a group of neuropathic symptoms regarding to the compression of median nerve which passing through carpal tunnel (Ashworth, 2018). There has been a great number of prevalence of carpal tunnel syndrome in Indonesia, which leads to decreasing quality of life, lack of work productivity, and increasing health cost. Analgesic treatments have been drug of choice for carpal tunnel syndrome for years. However, the effectiveness of the drug and the risk of adverse effect of drugs have always been an issue for analgesic use. An observational study on profile of analgesic drugs administration for carpal tunnel syndrome patients in RSUD Dr. Soetomo Surabaya

Method: A descriptive observational retrospective research has been conducted to observe the profile of analgesic drugs administration, including type and dosage of drugs, classification of drugs, drugs administration route, early and advanced type of analgesics, and duration of analgesic administration. Sociodemographic data and clinical characteristics of carpal tunnel syndrome patients are also included in this study.

Results: Out of 202 subjects of this study, the most common analgesic drugs used for carpal tunnel syndrome patients is 50 mg sodium diclofenac for 78 patients (38.61%). Combination of diazepam and amitryptiline are also used in 152 patients (75.28%). Diazepam, amitryptiline, and gabapentine are very common neurophatic analgesic used in the hospital. However, analgesic group of acetaminophen are used in 97 patients (48.02%), more than any other group of analgesics. All of those subjects are administered with oral analgesic (100%). 185 patients (91.59%) are administered with analgesic combinations. The duration of analgesic usage are 7 days as an early analgesic in 82 patients (40.59%).

Conclusion: The administration of 50 mg sodium diclofenac is still a popular option for analgesic treatment of carpal tunnel syndrome in RSUD Dr. Soetomo Surabaya. Combination of analgesic use with diazepam and amitryptiline is also common to early treatment of carpal tunnel syndrome.

Keywords: carpal tunnel syndrome, carpal tunnel, neuropathic pain, analgesic for neuropathy, therapy for neuropathy