

ABSTRACT

Drug Utilization Study of Multivitamins and Supplements in Mild-Moderate COVID-19 Patients (Study At RS Bhayangkara Surabaya)

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The purpose of this study was to determine the effectiveness of using multivitamins and supplements on the length of stay of Patients with mild-moderate COVID-19 in the form of improved clinical and laboratory data. This is an observational with descriptive analysis using patient medical records in the period December 2020 to February 2021. The inclusion criteria in this study were mild-moderate COVID-19 patients who received protocols of therapy A (Azytromycin), B (Levofloxacin), and C (Switch antibiotic) along with the administration of Multivitamins and Supplements and Favipiravir as antiviral. The results showed that majority of patients were mild 17(71%) and moderate 19(83%) using multivitamins and zinc minerals (po). Short duration of mild patients with the use of vitamin C 200mg/ml (iv drip), vitamin E 200IU (po), and zinc 20mg (po) in therapy A (7 days), B (9 days), C (6 days). While the moderate patients for therapy A (8 days) with vitamin C 200mg/ml (iv drip), vitamin E 200IU (po), and zink 20mg (po) and multivitamins and zinc minerals (po). For therapy B (8 days) and C (9 days) with vitamin C 200mg/ml (iv drip), vitamin E 200IU (po), vitamin D3 1000IU (po), and zinc 20mg (po) as well as multivitamins and zinc minerals. Multivitamins and supplements as an effective support therapy because there are give a shorten the length of hospitalization. It is necessary to review the use of each content of multivitamins and supplements in the form of effective doses and carried out in a larger number of samples.

Keywords: Multivitamins, Supplements, COVID-19, Mild-Moderate