

ABSTRAK

PENGEMBANGAN MODEL KOLABORASI INTERPROFESIONAL PELAYANAN APOTEKER DALAM MEDICATION THERAPY MANAGEMENT (MTM) DAN PENGARUHNYA TERHADAP TARGET PENGOBATAN PASIEN

Sahat

Medication Therapy Management (MTM) adalah salah strategi menjalankan praktek asuhan kefarmasian dan memberi banyak manfaat dalam pelayanan kesehatan kepada pasien. Konsep ini memerlukan kolaborasi antara profesional kesehatan, termasuk apoteker dan dokter. Penelitian ini dilatarbelakangi oleh kenyataan, bahwa di era Jaminan Kesehatan Nasional (JKN) oleh Badan Penyelenggara Jaminan Sosial Kesehatan (BPJS Kesehatan). Pelayanan kesehatan dilakukan secara bertahap atau sistem rujukan, mulai dari layanan medis dasar di Fasilitas Kesehatan Tingkat Pertama (FKTP) sesuai dengan kebutuhan medis pasien. Hal ini dilakukan untuk meningkatkan kualitas dan akses layanan kesehatan bagi pasien. Model kolaborasi interprofesional antara apoteker dengan dokter di FKTP dalam penelitian ini, terdiri dari 3 aktivitas utama, yaitu: kesepakatan praktek kolaborasi, komunikasi dan bekerja bersama-sama melibatkan pasien.

Medication Therapy Management (MTM) yang berdasar pada kolaborasi antara apoteker dengan dokter belum banyak dilakukan di Indonesia, khususnya di komunitas. Penelitian ini bertujuan untuk mengetahui pemahaman apoteker dan dokter tentang MTM di FKTP dan harapan mereka tentang kolaborasi. Model kolaborasi yang tepat, diterapkan pada pasien memberi dampak pada peningkatan hasil terapi yang optimal.

Proses dan analisis penelitian ini melalui 4 tahap, yaitu: 1) studi kepustakaan, pelaksanaan survei dan pengisian kuesioner; 2) penyiapan model dan penyusunan modul MTM; 3) penerapan dan evaluasi model kolaborasi; dan 4) pengujian penerapan model terhadap perubahan perilaku dan hasil klinis pasien terkait penggunaan obat.

Hasil penelitian menunjukkan, bahwa konsep MTM lebih dikenal di kalangan apoteker daripada dokter. Apoteker dan dokter sepakat tentang pentingnya dilakukan kolaborasi. Hasil kolaborasi menghasilkan perubahan yang signifikan pada perilaku dan luaran klinis pasien setelah apoteker dengan dokter berkolaborasi. Kolaborasi sangat mungkin diterapkan apoteker dengan dokter untuk mengoptimalkan hasil terapi pasien di layanan kesehatan tingkat dasar di Indonesia.

Kata kunci: Medication Therapy Management, Kolaborasi Interprofesional, Asuhan Kefarmasian, Kolaborasi Apoteker dengan Dokter

ABSTRACT

Interprofessional Collaboration Model between Pharmacists and Physicians Based on Medication Therapy Management (MTM) and Its Effect Toward Patients' Behavior and Clinical Outcomes

Sahat

Medication Therapy Management (MTM) is the strategy to implement pharmaceutical care practices that provide many benefits in health services to patients. This concept requires collaboration between health professionals including pharmacists and physicians. The background of this study was the fact that in the era of National Health Insurance (JKN) by the Health Social Security Organizing Agency (BPJS Kesehatan), health services were carried out in stages or referral systems according to the patients' therapy needs. MTM implemented to improve the quality and accessibility health services. The interprofessional collaboration model between pharmacists and physicians based on MTM in primary health services from this study consisted of 3 major activities, namely: collaboration practice agreement, communication and working together involving patient.

Medication Therapy Management (MTM) based collaboration between pharmacists and physicians have not been widely implemented in Indonesia, especially in the community level. This study aimed to determine the understanding between pharmacists and physicians in FKTP about MTM, their expectations about collaboration. Appropriate collaborative models that could be implemented, and measure the impact of collaboration implementation to achieve optimized patients' therapy outcomes.

The analysis process of this study went through 4 stages, namely: 1) literature study, survey, and questionnaire filling; 2) models preparation of MTM moduls; 3) implementation and evaluation of collaboration models; and 4) collaboration implementation testing by assessing clinical outcomes and patients' behavior related to medication use.

The results of this study indicated that MTM concept is better known among pharmacists than physicians. Pharmacists and physicians agreed on the importance of collaboration implementation. The implementation results are showing significant change of the patients' behavior and clinical outcomes after the collaboration of pharmacists and physicians. Collaboration is very possible to implement by pharmacists and physicians to achieve optimal parients' therapy outcomes in primary health service in Indonesia.

Keyword: Medication Therapy Management, Interprofessional Collaboration, Pharmaceutical Care, Collaboration between Pharmacists and Physicians.