

## ABSTRAK

Nama : Meiwerli Galingging  
Program Studi : Farmasi  
Judul : Evaluasi Rasionalitas Penggunaan Obat Diare Akut Pada Pasien Balita di Instalasi Rawat Inap Rumah Sakit Adhyaksa Jakarta Timur Periode Januari – Desember 2024.

Diare akut adalah diare yang terjadi dalam waktu kurang dari 14 hari. Menurut Kementerian Kesehatan Indonesia, diare mengakibatkan kematian tertinggi pada kelompok balita usia 0- 59 bulan. Penelitian ini bertujuan untuk melakukan evaluasi rasionalitas penggunaan obat diare akut pada pasien balita di Rumah Sakit Adhyaksa Jakarta Timur periode Januari-Desember. Metode penelitian ini adalah *cross sectional* dengan jenis penelitian deskriptif. Teknik pengumpulan data dilakukan dengan menggunakan *purposive sampling* sebanyak 136 rekam medis. Hasil penelitian karakteristik demografi pasien diare akut balita terbanyak laki-laki (63,97%) dengan mayoritas usia 0 hari-1 Tahun (66,91%), Berat badan terbanyak 3,2 - 9,1 kg (41,17%), diagnosis diare terdiri atas diare non-spesifik sebanyak 83 pasien (61,02%) dan diare spesifik sebanyak 53 pasien (38,97%) dan mayoritas mengalami dehidrasi ringan-sedang. Terapi farmakologi yang diberikan pada balita terdiri atas Oralit (7,35%), Ringer Laktat (6,61%), KAEN 1B (7,35%), KA-EN 3B (83,82%), Zinc (94,85%), Liprolac (86,76%), Ondansetron (24,26%) dan Domperidon (15,44%), Ranitidin (12,50%) dan Omeprazol (9,56%) Parasetamol (77,20%) dan Ibuprofen (1,47%) Serta antibiotik yaitu Sefotaksim (1,47%), Seftriakson (13,97%), Sefiksim (14,70%), Kotrimoksazol (0,74%), Ampisilin (1,47%), Metronidazol (2,21%) dan penggunaan Seftriakson + Flukonazol (2,21%), Sefiksim + Metronidazol (1,47%) dan Sefotaksim + Metronidazol (0,74%). Berdasarkan evaluasi ketepatan diperoleh pada diare non-spesifik (tepat indikasi 100%, tepat obat 93,98%, tepat dosis 98,80%, tepat cara pemberian 100%, tepat lama pemberian 100%). Pada diare spesifik (tepat indikasi 100%, tepat obat 96,23%, tepat dosis 92,46%, tepat cara pemberian 100%, tepat lama pemberian 100%).

**Kata Kunci:** Balita, Diare akut, Rasionalitas Pengobatan

## **ABSTRACT**

*Name : Meiwerli Galingging*  
*Study Program : Pharmacy*  
*Title : Evaluation of the Rationality of Acute Diarrhea Medication Use in Pediatric Patients at the Inpatient Unit of Adhyaksa Hospital, East Jakarta, January – December 2024.*

*Acute diarrhea is defined as diarrhea that occurs for less than 14 days. According to the Indonesian Ministry of Health, diarrhea is the leading cause of death among children under five (0–59 months). This study aims to evaluate the rationality of acute diarrhea drug use in pediatric patients at Adhyaksa Hospital, East Jakarta, during the period of January–December 2024. This research employed a cross-sectional design with a descriptive approach. Data collection was conducted using purposive sampling of 136 medical records. The results showed that the majority of pediatric acute diarrhea patients were male (63.97%), with the highest proportion in the age group of 0 day –1 year (66.91%), the most common body weight range was 3.2–9.1 kg (41.17%). Diagnoses included non-specific diarrhea in 83 patients (61.02%) and specific diarrhea in 53 patients (38.97%) and the majority experienced mild to moderate dehydration. Pharmacological therapy given to toddlers consists of ORS (7.35%), Ringer Lactate (6.61%), KAEN 1B (7.35%), KA-EN 3B (83.82%), Zinc (94.85%), Liprolac (86.76%), Ondansetron (24.26%) and Domperidone (15.44%), Ranitidine (12.50%) and Omeprazole (9.56%), Paracetamol (77.20%) and Ibuprofen (1.47%). As well as antibiotics namely Cefotaxime (1.47%), Ceftriaxone (13.97%), Cefixime (14.70%), Cotrimoxazole (0.74%), Ampicillin (1.47%), Metronidazole (2.21%) and the use of Ceftriaxone + Fluconazole (2.21%), Ceftriaxone + Metronidazole (1.47%) and Cefotaxime + Metronidazole (0.74%). Based on the evaluation of appropriateness, it was found that for non-specific diarrhea cases, the results showed 100% appropriate indication, 93.98% appropriate drug, 98.80% appropriate dosage, 100% appropriate route of administration, and 100% appropriate duration of therapy. For specific diarrhea cases, the results showed 100% appropriate indication, 96.23% appropriate drug, 92.46% appropriate dosage, 100% appropriate route of administration, and 100% appropriate duration of therapy.*

**Keywords:** *Acute Diarrhea, Rational Drug Use, Toddler*