

POLIFARMASI *dan* PIMs

(Potentially Inappropriate Medications)

pada

PASIEN GERIATRI



Tinjauan Ilmiah, Evaluasi, dan Strategi Intervensi
untuk Penggunaan Obat yang **Aman** dan **Tepat**

MENDUKUNG
PRAKTIK KLINIS
BERBASIS BUKTI
DAN KESELAMATAN
PASIEN
GERIATRI

- ✓ Indikator PIMs
- ✓ Risiko Obat
- ✓ Evaluasi Terapi
- ✓ Outcomes Klinik

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KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas tersusunnya buku referensi Polifarmasi dan Potentially Inappropriate Medications (PIMs) pada Pasien Geriatri. Buku ini disusun sebagai kontribusi akademik dalam pengembangan ilmu farmasi geriatri, khususnya terkait optimalisasi terapi obat dan peningkatan keselamatan pasien lanjut usia (medication safety).

Peningkatan angka harapan hidup telah menyebabkan bertambahnya populasi geriatri yang umumnya mengalami berbagai penyakit kronis dan memerlukan terapi multidrug. Kondisi tersebut menjadikan polifarmasi sebagai fenomena yang semakin sering dijumpai dalam praktik klinis. Meskipun diperlukan untuk mengendalikan berbagai kondisi penyakit, polifarmasi juga berpotensi meningkatkan risiko penggunaan obat yang tidak tepat (Potentially Inappropriate Medications/PIMs), interaksi obat, reaksi obat yang tidak diinginkan, serta berbagai masalah terkait obat lainnya yang dapat berdampak pada luaran klinis pasien.

Buku ini membahas berbagai aspek penting terkait polifarmasi dan PIMs pada pasien geriatri, mulai dari konsep dasar penuaan dan farmakoterapi geriatri, instrumen identifikasi PIMs, faktor-faktor yang memengaruhi terjadinya penggunaan obat yang tidak tepat, hingga strategi optimalisasi terapi dan peran apoteker dalam meningkatkan kualitas penggunaan obat pada populasi lanjut usia. Seluruh pembahasan disusun berdasarkan perkembangan ilmu

pengetahuan dan bukti ilmiah terkini sehingga diharapkan dapat menjadi referensi yang bermanfaat bagi akademisi, peneliti, mahasiswa, apoteker, serta tenaga kesehatan lainnya.

Penulis menyadari bahwa buku ini masih memiliki keterbatasan. Oleh karena itu, kritik dan saran yang konstruktif sangat diharapkan untuk penyempurnaan pada masa mendatang. Semoga buku ini dapat memberikan kontribusi bagi pengembangan ilmu farmasi geriatri serta mendukung praktik pelayanan kesehatan yang lebih aman, rasional, dan berorientasi pada peningkatan kualitas hidup pasien geriatri.

Kediri, 2026

Penulis

DAFTAR ISI

KATA PENGANTAR.....	iii
DAFTAR ISI.....	v
Bab 1: Konsep Geriatri dan Permasalahan Farmakoterapi.....	1
1.1 Konsep Dasar Geriatri	1
1.2 Dislipidemia, Hipertensi, dan Penyakit Degeneratif	6
1.3 Konsep Polifarmasi	9
1.4 Potensi Risiko Terapi pada Lansia	13
Bab 2: Potentially Inappropriate Medications (PIMs).....	18
2.1 Definisi dan Konsep PIMs.....	18
2.2 Epidemiologi PIMs.....	21
2.3 Faktor Risiko PIMs.....	25
2.4 Dampak Klinis PIMs	28
Bab 3: Beers Criteria dalam Identifikasi PIMs.....	32
3.1 Sejarah dan Perkembangan Beers Criteria	32
3.2 Kategori Obat dalam Beers Criteria	35
3.3 Analisis PIMs Rawat Inap	38
3.4 Hubungan Faktor dengan PIMs.....	42
Bab 4: STOPP/START Criteria dalam Evaluasi Terapi	46
4.1 Konsep STOPP Criteria.....	46
4.2 Konsep START Criteria	49
4.3 Perbandingan STOPP/START dan Beers Criteria	53
4.4 Faktor Diagnosis dan PIMs	56
4.5 1 Kriteria Eksplisit lain yakni FORTA (Fit fOR The Aged)	60
Bab 5: Polifarmasi dan Hubungannya dengan PIMs	64
5.1 Analisis Jumlah Obat.....	64
5.2 Polifarmasi pada Hipertensi pada Geriatri.....	67

5.3 Beban Komorbiditas	70
5.4 Strategi Pengurangan Polifarmasi	73
Bab 6: Profil Karakteristik Pasien Geriatri	77
6.1 Karakteristik Demografis	77
6.2 Profil Diagnosis	80
6.3 Jumlah Penyakit.....	84
6.4 Jumlah Obat.....	86
Bab 7: Metodologi Penelitian PIMs.....	90
7.1 Desain Observasional Retrospektif	90
7.2 Teknik Sampling	94
7.3 Analisis Univariat dan Bivariat	97
7.4 Uji Koefisien Kontingensi C	101
Bab 8: Analisis Statistik dan Interpretasi Klinis	106
8.1 Uji Normalitas	106
8.2 Uji Korelasi	109
8.3 Nilai p dan Interpretasi	112
8.4 Makna Klinis vs Makna Statistik.....	115
Bab 9: Peran Apoteker dalam Pencegahan PIMs.....	119
9.1 Medication Review.....	119
9.2 Clinical Pharmacist Intervention	124
9.3 Edukasi Pasien Geriatri	128
9.4 Monitoring Terapi Jangka Panjang.....	132
Bab 10: Model Strategi Pencegahan PIMs di Rumah Sakit ..	137
10.1 Integrasi Beers Criteria & STOPP/START	137
10.2 Prescription Audit System	141
10.3 Clinical Pathway untuk Pasien Geriatri.....	145
10.4 Rekomendasi Implementatif.....	148
Profil Penulis	154
Daftar Pustaka.....	157

Daftar Pustaka

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Buku referensi yang berjudul Polifarmasi dan PIMs (Potentially Inappropriate Medications) pada Pasien Geriatri membahas penggunaan obat yang kompleks pada pasien lansia, termasuk risiko interaksi obat, efek samping, dan penggunaan obat yang tidak tepat (Potentially Inappropriate Medications/PIMs). Buku ini menekankan pentingnya manajemen obat yang hati-hati untuk meningkatkan keselamatan, kualitas hidup, dan efektivitas terapi pada pasien geriatri

Disusun dengan bahasa yang jelas dan sistematis, buku ini membahas mulai dari konsep polifarmasi, identifikasi PIMs, strategi evaluasi resep, hingga pendekatan klinis untuk meminimalkan risiko obat pada lansia. Dilengkapi dengan contoh kasus, panduan praktis, dan tabel rekomendasi obat, buku ini menjadi referensi penting bagi masyarakat umum yang ingin memahami penggunaan obat yang aman bagi pasien lansia.



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