



COUNSELING ON ANTIBIOTIC MEDICINES FOR *BUSINESS* MANAGER EMPLOYEES AT KIMIA FARMA PHARMACY SURABAYA BUSINESS UNIT

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ABSTRAK

Obat adalah bahan yang ditujukan untuk penyembuhan, pencegahan atau menghilangkan penyakit dan gejalanya serta kegunaan lain pada manusia maupun hewan. Sedangkan, mineral esensial maupun vitamin dapat dikategorikan sebagai obat karena berfungsi untuk memperbaiki keadaan akibat defisiensi suatu zat penting bagi tubuh. Berbagai masalah terkait penggunaan obat masih banyak ditemui di masyarakat. Kurangnya informasi terkait cara memperoleh, menggunakan, menyimpan dan membuang obat dengan baik dan benar adalah salah satu penyebab pengobatan tidak optimal, peningkatan efek samping obat, menurunkan kualitas hidup pasien. DAGUSIBU (Dapatkan, Gunakan, Simpan dan Buang) dengan benar merupakan slogan yang di perkenalkan oleh Ikatan Apoteker Indonesia (IAI) dalam upaya mewujudkan Gerakan Keluarga Sadar Obat (GKSO) yang bertujuan sebagai langkah untuk meningkatkan pengetahuan terhadap masyarakat tentang Dapatkan, Gunakan, Simpan dan Buang obat dengan baik dan benar. Perilaku yang didasari oleh pengetahuan, kesadaran dan sikap positif lebih stabil dan berlangsung lama. Sebaliknya apabila perilaku tidak didasari pengetahuan dan kesadaran maka perilaku akan cepat hilang dan dapat berubah kembali. Penyuluhan dilakukan kepada karyawan *business manager*, divisi SDM, Pengadaan, Piutang dan ASMAN PMS, yang sebagian besar kualifikasi pendidikan bukan dibidang kesehatan. Sehingga diharapkan memperoleh manfaat peningkatan pengetahuan terkait DAGUSIBU.

ABSTRACT

Medicines are substances intended for the cure, prevention or relief of disease and its symptoms and other uses in humans and animals. Meanwhile, essential minerals and vitamins can be categorized as drugs because they function to improve the condition due to



deficiency of an important substance for the body. There are still many problems related to the use of drugs in the community. Lack of information on how to obtain, use, store and dispose of drugs properly is one of the causes of non-optimal treatment, increased drug side effects, reduced quality of life for patients. DAGUSIBU (Get, Use, Save and Dispose) correctly is a slogan introduced by the Indonesian Pharmacists Association (IAI) in an effort to realize the Drug Aware Family Movement (GKSO). which aims as a step to increase public knowledge about Get, Use, Store and Dispose of drugs properly and correctly. Behavior based on knowledge, awareness and positive attitudes is more stable and lasting. Conversely, if behavior is not based on knowledge and awareness, behavior will quickly disappear and can change again. Counseling was conducted to employees of the business manager, HR division, Procurement, Accounts Receivable and ASMAN PMS, most of whose educational qualifications are not in the health sector. So it is expected to benefit from increased knowledge related to DAGUSIBU.

PENDAHULUAN

Medicine is a substance intended to cure or prevent disease, eliminate disease and its symptoms and other uses in humans and animals . Henry (2004) states that according to this definition, essential vitamins and minerals can be categorized as medicine because they function to improve conditions resulting from a deficiency of an important substance for the body . According to Health Law no. 36 of 2009, medicines are substances or combinations of substances, including biological products that are used to influence or investigate physiological systems or pathological conditions in the context of establishing diagnosis, prevention, healing, recovery, health improvement and contraception, for humans. Furthermore, traditional medicine is an ingredient or concoction of ingredients in the form of plant ingredients, animal ingredients, mineral ingredients, extract preparations (galenic), or mixtures of these ingredients which have been used for generations for treatment and can be applied in accordance with the norms applicable in society. To be able to provide its function, drugs are made into certain dosage forms which are then known as finished drugs. The drug contains a composition in accordance with standards (Zaman-Joenes, 2001).

Various problems related to drug use are still often encountered in society. Lack of information regarding how to obtain, use, store and dispose of drugs properly and correctly is one of the causes of suboptimal treatment, increased drug side effects, and reduced patient quality of life. Behavior that is based on knowledge, awareness and positive attitudes is more stable and lasts longer (Maharani A, 2016). On the other hand, if behavior is not based on knowledge and awareness, the behavior will quickly disappear and can change again (Obella & Adliyani N, 2015). Therefore DAGUSIBU (Get, Use, Save and Dispose) is a slogan introduced by the Indonesian Pharmacists Association (IAI) in an effort to create the Drug Aware Family Movement (GKSO). Aims as a step to increase public knowledge about obtaining, using, storing and disposing of medicines properly and correctly.

DA from the word get means get medicine at a health facility. People who buy medicines must go to a guaranteed place, namely pharmacies, hospital pharmacy installations, and licensed drug stores. The benefits that patients get when they get

medicine at a pharmacy are guaranteed quality, benefits, safety and efficacy of pharmaceutical preparations and medical devices. A pharmacy is a pharmaceutical service facility where pharmaceutical practice is carried out by pharmacists. Pharmaceutical practice is assisted by Pharmaceutical Technical Staff, consisting of Bachelor of Pharmacy, Associate of Pharmacy Experts and Pharmacy Analysts. Pharmacists and pharmacy staff work according to applicable service standards.

The public is not advised to buy medicines in stalls or markets because the facilities and infrastructure do not meet service standards in pharmacies or hospitals. Apart from that, there are no experts who are competent in recommending drugs. People are also not advised to get medicine from neighbors or family who feel that their illnesses and complaints are the same as those of relatives who are sick, because the medicine needed by each individual is different depending on each individual's circumstances. It is recommended to consult a doctor, so that the diagnosis of the disease can be found and medication prescribed according to the patient's condition.

GU is the meaning of the word use, namely use medicine correctly. Use the drug according to the rules stated on the drug container and label. The use of antibiotics must be completed and must be prescribed by a doctor. There are still many people who buy and consume antibiotics without a doctor's prescription. This can cause antibiotic resistance. The results of research by Maidatus (2020) explained that 87% of patients from three community health centers in Surabaya were not compliant in using prescribed antibiotics, the majority of patients were inappropriate in spacing antibiotics (72.4%) followed by inappropriate duration of use (stopped taking or prolong drinking time) (52.9%). Drug counseling and IEC (Communication, Information and Education) by pharmacists are needed to increase patient knowledge about drug use, or how to use drugs such as eye drops, ear drops, nasal drops, nasal spray, suppositories, ovules, vaginal douches and enemas.

SI is the meaning of the word save. Store the medicine properly to avoid damage to the medicine. Most medicines should not be exposed to direct sunlight, therefore medicines must be stored in a closed and dry place. Apart from that, keep it out of reach of children. Research conducted by Meidia *et al* in 2020 in Surabaya explained that almost all respondents kept medicine at home 132 (94.3%) and 19 respondents (13.6%) of them kept expired medicine. Almost half of the respondents 60(42.9%) store medicines in places that are easily accessible to children. In addition, more than half of respondents 81(57.9%) did not dispose of medicines properly. Good and correct community medicine storage and disposal practices are still lacking. Storage is still carried out in conditions that are not suitable for medicines, and disposal of medicines is still carried out by throwing them directly into the trash without separation.

BU is the meaning of the word dispose, namely disposing of medicine properly. If the medicine has expired or is damaged then the medicine should not be used or taken. According to research by Laila *et al* in 2019 in Surabaya, the results showed that there were 66.67% errors regarding how to dispose of eye drops that had exceeded the storage period. It was found that 33.3% were correct regarding how to dispose of eye drops that had exceeded their storage period. Residents' living habits include throwing away medicine carelessly, for example, expired tablets are not crushed first, but residents immediately throw them in the trash without crushing the tablets first. Therefore, it is necessary to monitor and convey information about medicines to residents in obtaining, using, storing and disposing of medicines properly. If it is used incorrectly, inappropriately, not in accordance with the dosage and

indications, the drug can endanger health.

The results of Basic Health Research in 2013 showed that 35.2% of Indonesian people kept medicines for self-medication at home, either obtained from a doctor's prescription or purchased freely, of which 27.8% were antibiotics and 35.7% were hard drugs (9). Until now, society often encounters various problems with drug use. Among them are a lack of understanding about the appropriate and rational use of medicines, excessive use of over-the-counter medicines, and a lack of understanding about how to store and dispose of medicines properly. Meanwhile, it is still felt that health workers do not provide adequate information about drug use. Based on the 2013 Basic Health Research (Riskesdas) results, it shows that 35.2% of households store medicines for self-medication. Of the 35.2% of households that store medicines, 35.7% of them store hard medicines and 27.8% of them, 86.1% of the antibiotics were obtained without a prescription. The city of Surabaya has an area of around 350.54 km² with a population of 2,765,487 people and consists of 31 sub-districts (Surabaya City Central Statistics Agency, 2018).

The results of research on the level of knowledge about the drug DAGUSIBU among residents of Kelurahan Gading Surabaya can be concluded that the level of knowledge of residents regarding the question of getting it is poor, for the question of using the drug it is good, for the question of saving it is poor, for the question of throwing away the drug it is poor (Windy, 2021). The DAGUSIBU understanding assistance method in stages shows good improvement results so that this method can be applied in other big cities in Indonesia.

This was proven during *the pretest*, namely PKK Surabaya City's understanding was 62.39%, PKK Rungkut District 75%, and Pabean Cantian District 68.75%. Based on the post-test results of the counseling participants, it was found that the results of the post-test counseling for PKK cadres in Rungkut and Pabean Cantian Districts were better than those in the PKK in Surabaya City. The increase in understanding in the Surabaya City PKK after counseling was 88.70%, while for PKK cadres in Rungkut District it was 90.91% and in Pabean Cantian District it was 93%. Counseling is carried out to *business manager employees* whose educational qualifications are mostly not in the health sector. So it is hoped that the benefits of increasing knowledge related to DAGUSIBU will be obtained.

METODE PELAKSANAAN

Activity This held offline. Implementation method consists of 3 stages, namely stage planning, implementation, and evaluation activity.

2.1 Planning

At stage this, done election location, target and time implementation. Participants in this community service activity were 6 employees representative from HR, Procurement, Receivables and ASMAN PMS divisions at Kimia Farma Pharmacy Surabaya Business Unit. The activities will be carried out on the 1st September 2023, located at the BM Surabaya Office.

2.2 Implementation

Implementation of activities in the form of delivery material education about DAGUSIBU Antibiotic Medicine by Lecturer. Material is packaged and delivered with attractive appearance and refers to libraries / literature _ The latest use of Poster

media. Followed by discussion and questions and answers for 30 minutes .

Table 1 . Arrangement Activity

Execution time	Details Activity
1 2.55 – 13 .00	Opening
1 3 .00 – 1 4 . 00	Counseling material education about DAGUSIBU Antibiotic Medicine
1 4 . 00 – 14.30	Discussion and Q&A
15.00 – 1 5.10	Closing

2.3 Evaluation Activity

Evaluation done For know level understanding or knowledge participant after follow activity. Done session ask answer for 30 minutes.

HASIL PEMBAHASAN

Activity Devotion to the Community with title DAGUSIBU Counseling on Antibiotic Medicines for *Business Manager Employees* at Kimia Farma Pharmacy Surabaya Business Unit begins with determination participants and location activity . Chosen participant with the position not being a Pharmacist or Pharmaceutical Technical Personnel , chosen in the management section of Kimia Farma Pharmacy because some of the employees do not have a background in the health sector.

3.1 Implementation Activity

Activity This attended by employees who filled out the attendance list and are described in the following data .

Table 1 . Characteristics Participant

Characteristics	Amount	Percentage (%)
Gender _		
Woman	2	33.33
Man	4	66.67
Position		
ASMAN PMS	1	16.66
Receivables	2	33.33
Procurement	1	16.67
HR	1	16.67
General	1	16.67

Activity Devotion to public done on the day Monday 1st 1 September 2023. Implementation This started with charging attendance by the participants present . Furthermore delivery DAGUSIBU counseling on antibiotics was presented by the lecturer using poster media . Material provided to participant covers definition “get” that is, getting antibiotics must be from official drug service locations such as pharmacies, hospitals, clinics and health centers. Antibiotics are included in the class of hard drugs that can be obtained with a doctor's prescription. If you have obtained antibiotic medication, you must ensure that the packaging is not damaged

and that the expiration date has not expired . The definition of "use" is that the instructions for use must be consulted with a doctor and pharmacist. Make sure that antibiotics are taken until they are finished according to the time of use and there should be no leftovers. The definition of "save" is an explanation of storing medicines correctly. Keep away from exposure to direct sunlight/humidity/inappropriate temperature. Save the original packaging and label, keep out of reach of children. Antibiotic drugs should not be stored as supplies. The definition of "disposal" is the act of disposing of medication properly. Capsules, tablets or other solid forms are crushed first and then thrown into the trash. Liquid preparations can be thrown away first along with running water into the disposal or thrown away with the container. Participants were very enthusiastic with activity this , because Still many have n't know how much important influence Good use of medicines to improve people 's quality of life.

3.2 Level of Understanding About Ongoing Activities

Activity after exposure material is session ask answer participants and discuss . Questions and answers at the session discussion shown in the table following .

Table 1 . Questions and answers during the question and answer session

Question	Answer
How If you use cough syrup that has been opened, can it still be used when it has healed and the cough recurs again?	The quality and stability of syrup preparations containing water after the package is opened will be different from before the package has not been opened. The stability of the drug is only up to 14 days. This is called <i>beyond use date</i> . <i>The beyond use date</i> is not all stated on the packaging. What is generally stated on the packaging is <i>the Expired date</i> .
How If you forget to take antibiotics because you are busy, can you take them at the same time as you should?	If you forget to take antibiotics, then continue with the prescribed dose, there is no need to take the forgotten medicine again the next day.



Figure 1 . Lecturers and participants photographed together



Figure 1 . Exposure material by the Lecturer



Figure 2 . Snapshot material displayed

KESIMPULAN DAN SARAN

Activity DAGUSIBU counseling on this antibiotic drug held For add outlook participant related how to obtain, use, store and dispose of antibiotics correctly . Apart from that , participants also know There is the difference between *beyond use date* and *expiry date* . From implementation activity here , participants capable determine appropriate actions regarding drug use. Viewed from results evaluation activities , levels understanding participant in accept material entitled DAGUSIBU antibiotic drug it's been very good . Discussion and questions interactive answers , as well questions submitted _ relevant with material and general happen . Because of that , activity devotion public This assessed can give benefits and motivation for employee .

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