

ABSTRAK

Latar belakang: Prevalensi *Gastroesophageal Reflux Disease* (GERD) terus meningkat sekitar 4% per tahun, mencapai 27,4% di Indonesia. Jika tidak ditangani dengan tepat, GERD dapat menyebabkan komplikasi kesehatan jangka panjang dan menurunkan kualitas hidup. Tujuan penelitian ini untuk mengetahui gambaran karakteristik dan efektivitas penggunaan obat omeprazole dan lansoprazole pada perbaikan klinis pasien GERD di rawat inap RSUD Raden Mattaher Jambi. **Metode:** Penelitian observasional dengan desain kohort retrospektif, menggunakan data rekam medis dari 117 pasien melalui teknik *consecutive sampling*. Analisis data menggunakan SPSS 25.

Hasil: Mayoritas pasien GERD adalah usia 40-59 tahun (42,7%), perempuan (55,6%), tidak bekerja (55,8%), pendidikan terakhir SMA (51,7%), menggunakan BPJS (93,2%), *non-erosive* (91,1%), tidak ada komorbid (56,4%), IMT normal (84,2%), rata-rata tanda vital tekanan darah (130,0 mmHg), nadi (88,0 x/menit), pernapasan (20,0 x/menit), suhu (36,4 °C), hasil pemeriksaan endoskopi negatif (91,1%), lama rawat ≤ 7 hari (80,3%) rata-rata 5 hari, pada efektivitas perbaikan klinis pasien tidak menunjukkan adanya perbedaan yang signifikan baik ditinjau dari jenis obat, lama rawat, usia, jenis kelamin, *grade*, pekerjaan, komorbid ($p=0,316$), IMT ($p=0,562$) yang mana nilai $p > 0,05$.

Kesimpulan: Pasien GERD di rawat inap RSUD Raden Mattaher memiliki karakteristik sosiodemografi dan klinis yang beragam. Hubungan antara variabel terhadap perbaikan klinis tidak menunjukkan perbedaan yang signifikan antara jenis obat, lama rawat, usia, jenis kelamin, *grade*, komorbid, IMT, pekerjaan, dan pendidikan. Hal ini menunjukkan bahwa antara omeprazole dan lansoprazole relatif sama dalam perbaikan klinis pasien.

Kata kunci: GERD, Karakteristik, Lansoprazole, Omeprazole, Perbaikan Klinis.

ABSTRACT

Background: The prevalence of Gastroesophageal Reflux Disease (GERD) reach by approximately 4% per year, reaching 27.4% in Indonesia. If not properly managed, GERD can lead to long-term health complications and decrease quality of life. The aim of this study was to determine the characteristics and evaluate the effectiveness between omeprazole and lansoprazole outcomes of GERD patients hospitalized at Raden Mattaher Regional Hospital in Jambi.

Methods: This was an observational study with a retrospective cohort design, using medical record data from 117 patients through consecutive sampling. Data analysis used SPSS 25.

Results: The majority of GERD patients were aged 40-59 years (42.7%), female (55.6%), unemployed (55.8%), highest education was high school (51.7%), National Health Insurance (93.2%), non-erosive grade (91.1%), no comorbidities (56.4%), normal BMI (84.2%), average vital signs were blood pressure (130.0 mmHg), pulse (88.0 x/minute), respiration rate (20.0 x/minute), body temperature (36.4 °C). The clinical outcome showed negative endoscopic findings (91.1%), length of stay ≤ 7 days (80.3%) median 5 days, in the effectiveness of clinical improvement of patients all showed no significant differences in terms of type of drug, length of stay, age, gender, grade, occupation, comorbidities ($p=0.316$), BMI ($p=0.562$) as the p -values $> 0,05$.

Conclusion: GERD patients hospitalized at Raden Mattaher Regional Hospital have diverse sociodemographic and clinical characteristics. The relationship between variables and clinical improvement did not show a significant difference between medication type, length of stay, age, gender, grade, comorbidities, BMI, occupation, and education. This indicates that omeprazole and lansoprazole are relatively similar in terms of clinical improvement.

Keywords: GERD, Characteristics, Lansoprazole, Omeprazole, Clinical Improvement.