

## **ABSTRACT**

### ***BARRIERS AND CHALLENGES IN ADHERENCE AND CORRECT INHALER USE AMONG COPD PATIENTS AT WISMA RINI HOSPITAL, PRINGSEWU***

*By*

**INDAH DWI LESTARI**

**Background:** *Chronic Obstructive Pulmonary Disease (COPD) is a chronic condition that requires long-term inhalation therapy. Treatment success is strongly influenced by inhaler adherence and correct inhaler technique; however, patients often face various barriers and challenges in daily practice. This study aimed to describe the experiences, barriers, challenges, enabling factors, and strategies of COPD patients in maintaining inhaler adherence and accurate inhaler technique.*

**Methods:** *This study employed a qualitative case study design using semi-structured interviews based on the Theoretical Domains Framework. Participants were nine COPD patients at Wisma Rini Hospital, Pringsewu, aged 61–85 years. Data were analyzed using thematic analysis through transcription, coding, code categorization, and theme development.*

**Results:** *Four main themes emerged. Treatment barriers included limited knowledge about the disease and medications, perceptions of medication side effects, barriers to healthcare access (waiting time, multi-step procedures, medication availability), physical and psychological conditions, and exposure to environmental smoke. Treatment challenges involved limited ongoing education and evaluation of inhaler technique, economic constraints, cultural beliefs, and medication regimen complexity. Enabling factors included self-hope/positive expectations, family support, support from healthcare providers/pharmacy services, and trust in healthcare professionals. Self-management efforts included avoiding triggers (especially smoke), wearing a mask, carrying medications while travelling, posting no-smoking signs at home, and proactively seeking follow-up care when symptoms worsened.*

**Conclusion:** *The most dominant barrier to inhaler adherence and technique accuracy among COPD patients was limited knowledge, while the main challenge was insufficient education and ongoing evaluation of treatment and inhaler technique. Family and healthcare-provider support facilitated treatment, but no specific strategies were consistently identified as being used by patients to maintain inhaler adherence and technique accuracy.*

**Keywords:** *Adherence, Barriers, Challenge, COPD, Inhaler, Qualitative*

## ABSTRAK

# HAMBATAN DAN TANTANGAN DALAM KEPATUHAN DAN KETEPATAN PADA PENGGUNAAN INHALER PASIEN PPOK DI RUMAH SAKIT WISMA RINI PRINGSEWU

Oleh

INDAH DWI LESTARI

**Latar Belakang:** Penyakit Paru Obstruktif Kronik (PPOK) merupakan penyakit kronis yang memerlukan terapi inhalasi jangka panjang. Keberhasilan terapi sangat dipengaruhi oleh kepatuhan penggunaan inhaler dan ketepatan teknik, namun pasien sering menghadapi berbagai hambatan dan tantangan dalam pelaksanaannya. Penelitian ini bertujuan untuk mendeskripsikan pengalaman, hambatan, tantangan, faktor pendukung serta strategi pasien PPOK dalam menjalankan kepatuhan dan ketepatan teknik penggunaan inhaler.

**Metode:** Desain penelitian ini adalah kualitatif *case study* dengan wawancara semi terstruktur menggunakan *Theoretical Domains Framework*. Partisipan berjumlah 9 pasien PPOK di Rumah Sakit Wisma Rini Pringsewu dengan rentang usia 61–85 tahun. Data dianalisis menggunakan analisis tematik melalui tahapan transkripsi, pemberian kode, pengelompokan kode, dan penarikan tema.

**Hasil:** Analisis menghasilkan empat tema utama yaitu hambatan pengobatan meliputi keterbatasan pengetahuan tentang penyakit dan obat, persepsi terkait efek samping obat, kendala akses layanan (waktu tunggu, prosedur berlapis, ketersediaan obat), kondisi fisik dan psikologis, serta paparan lingkungan asap. Tantangan pengobatan berupa keterbatasan edukasi dan evaluasi teknik inhaler yang berkelanjutan, faktor ekonomi, budaya/kepercayaan, dan kompleksitas regimen. Faktor pendukung pengobatan mencakup harapan diri, dukungan keluarga, dukungan tenaga kesehatan/farmasi, serta kepercayaan terhadap tenaga kesehatan. Strategi manajemen diri meliputi menghindari pemicu (terutama asap), memakai masker, membawa obat saat bepergian, memasang larangan merokok di rumah, serta inisiatif kontrol saat keluhan memburuk.

**Kesimpulan:** Hambatan paling dominan terhadap kepatuhan dan ketepatan penggunaan inhaler pada pasien PPOK adalah pengetahuan, sedangkan tantangan utama ialah kurangnya edukasi dan evaluasi pengobatan. Dukungan keluarga dan tenaga kesehatan menjadi faktor pendukung, namun belum ditemukan strategi khusus yang diterapkan pasien untuk mempertahankan kepatuhan dan ketepatan penggunaan inhaler.

**Kata Kunci:** Hambatan, Inhaler, Kepatuhan, Kualitatif, PPOK, Tantangan.