

DAGUSIBU education and *Beyond Use Date* Medicine in the Community at the Rejosari Pekanbaru Community Health Center

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Abstract

Medicines are substances or combinations of substances, including biological products, which are used to influence or study physiological systems or pathological conditions in connection with the diagnosis, prevention, healing, recovery, improvement and prevention of health in humans. Medicines that can be used are medicines that meet certain quality standards. One of the parameters that influence the quality of medicines is the storage conditions of the medicine, the expiration date when the primary packaging is intact and the *Beyond Use Date* (BUD) or the deadline for using the medicine after it has been formulated or prepared or after the primary packaging is opened or damaged. The activity was carried out on April 3 2024 at the Rejosari Community Health Center, Pekanbaru city, Riau Province. The targets for this activity are people who come to the Rejosari Community Health Center, Pekanbaru City, Riau Province, totaling 25-30 people. Activities were carried out face to face using media in the form of educational leaflets about *Beyond Use Date* and DAGUSIBU at the Rejosari Community Health Center. This outreach activity was carried out by PKPA STIFAR Riau students which resulted in patient enthusiasm for following the rules that have been explained regarding *Beyond use date* and DAGUSIBU so that they do not use medicines carelessly and know what to do with medicines according to their needs.

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1. INTRODUCTION

Medicines are substances or combinations of substances, including biological products, which are used to influence or study physiological systems or pathological conditions in connection with the diagnosis, prevention, healing, recovery, improvement and prevention of health in humans (Ministry of Health of the Republic of Indonesia 2016)

People have a habit of storing medicine. People generally keep medicines as supplies for emergencies or store medicines that are left over from previous use even though the symptoms of the disease have disappeared or the disease, they are suffering from has been cured. Medicines that are stored and require the supervision of health workers during their use include hard medicines and antibiotics. Therefore, people need correct knowledge in storing medicines correctly to avoid irrational use of medicines or inappropriate methods of storing medicines.

Medicines that can be used are medicines that meet certain quality standards. One of the parameters that influence the quality of medicines is the storage conditions of medicines. Parameters in medicine storage conditions that can be easily detected by the public are *Expired Date* (ED) or expiry date when the primary packaging is intact and *Beyond Use Date* (BUD) or the deadline for use of the drug after it has been formulated or

prepared or after the primary packaging has been opened or damaged (Noviani & Rachmawati, 2023).

DAGUSIBU is an abbreviation for "GET, USE, KEEP, DISPOSE" of medication correctly. This is an initiative to improve public health through health services provided by pharmaceutical personnel. This initiative is in line with Government Regulation Number 51 concerning Pharmaceutical Work, especially in Chapter I Article 1, which states that pharmaceutical services are direct and responsible services to patients regarding pharmaceutical preparations, with the aim of achieving clear results in improving the patient's quality of life (Maziyyah, 2015).

Rejosari Community Health Center is a community health center located in Tenayan Raya District, Pekanbaru City, which is one of the health facilities in Tenayan Raya District. The patients who visit the Rejosari Community Health Center are generally factory workers and local residents who do not receive enough health education, especially regarding medicines. Therefore, the PSPA STIFAR Riau Study Program community service team carried out this outreach activity. This activity aims to increase public knowledge and understanding regarding storage limits for medicines for consumption and how to obtain, use, store and dispose of medicines correctly with the DAGUSIBU program.

2. RESEARCH METHOD

The activity was carried out on April 3 2024 at the Rejosari Community Health Center, Pekanbaru city, Riau Province. The targets for this activity are people who come to the Rejosari Community Health Center, Pekanbaru City, Riau Province, totaling 25-30 people. Activities are carried out individually *face to face* using media in the form of educational leaflets about *Beyond Use Date* and DAGUSIBU at the Rejosari Community Health Center. The implementation stages are as follows:

1. Preparation Stage, preparations for this community service activity are carried out one week before implementation. This activity involved a group of PSPA STIFAR Riau students who were undergoing Pharmacist Professional Work Practices (PKPA) at the Rejosari Community Health Center. In the preparation process, students hold regular meetings to discuss implementation time, themes, techniques and targets to be achieved. Furthermore, they also coordinate with supervisors and preceptors.
2. Implementation stage, this community service is carried out by students educating the community who come to the Rejosari Community Health Center *face to face*, both the patient and the patient's guardian by using the leaflet about *Beyond Use Date* and DAGUSIBU, as well as students also explained the importance of paying attention to the limits of permitted drug use.
3. Evaluation Stage, this evaluation stage is carried out after the service has taken place by looking at the level of community understanding regarding *Beyond Use Date* and DAGUSIBU correctly and in accordance with what has been taught by the speaker.

3. RESULTS AND DISCUSSION

The activity was carried out on April 3 2024 at the Rejosari Pekanbaru Community Health Center, Riau Province. The target of this activity is the people who come to the Rejosari Health Center, numbering 20-25 people. Activities are carried out randomly *face to face* using media in the form of *leaflet* about education *Beyond Use Date* and DAGUSIBU. The implementation strategy that will be carried out is to provide an explanation about *Beyond Use Date* and DAGUSIBU. This strategy results in increased patient insight about *Beyond Use Date* and DAGUSIBU. Some of the counseling participants initially did not understand about *Beyond Use Date* and DAGUSIBU after carrying out this activity became more familiar with *Beyond Use Date* and DAGUSIBU

with active question and answer interactions carried out by patients with PKPA STIFAR Riau students which resulted in an increase in the knowledge of counseling participants after education with the media *leaflet*. This counseling activity also produces patient enthusiasm to follow the rules that have been explained regarding *Beyond Use Date* and DAGUSIBU so that they do not use drugs carelessly and know what to do with drugs according to their needs.

In the outreach activities at the Rejosari Community Health Center carried out by PKPA STIFAR Riau students and guided by Mrs. apt. Rosita Dewi Rahmat, S.Farm which was attended by 20-25 people as participants. Counseling regarding *Beyond Use Date* and DAGUSIBU received enthusiasm from the participants because they thought it was very important to explain because some of them often keep the medicine for too long and when they have the same complaint as before, they often use it again, even though the medicine should not be used again, for example an ointment that has *Beyond Use Date* for 28 days. After discussing by asking questions and answers with the participants, the participants understood and did not repeat the same mistakes again. Likewise, with DAGUSIBU, the participants often made mistakes in how to store medicine so that the medicine quickly spoiled and could not be used again. After being given an explanation, the participants understood how to store medicine properly.

4. CONCLUSION

The community service activities carried out are in the form of educational programs through outreach activities with the theme "Education about *Beyond Use Date* medicine and DAGUSIBU at the Rejosari Community Health Center" where the public has been given an explanation about the importance of paying attention to the limits of drug use in order to get effective and maximum results as well as how to obtain, store and dispose of medicines correctly and appropriately. This activity has been proven to increase the knowledge of the relevant community *Beyond Use Date* medicine and DAGUSIBU at the Rejosari Community Health Center. This activity is a form of commitment from the Riau College of Pharmaceutical Sciences as an educational institution to contribute to community service in carrying out the tri dharma of higher education).

5. ACKNOWLEDGEMENT

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Documentation of the Implementation of Community Service Activities at the Rejosari Community Health Center



Figure 1. Documentation of Related Education Providing Activities *Beyond Use Date* and DAGUSIBU

MENGENAL BEYOND USE DATE

PSPA STIFAR AKT 11

BUD merupakan **batas waktu penggunaan** obat setelah diracik atau setelah kemasan terbuka dan **berbeda dari tanggal kadaluarsa** yang tertera pada kemasan

- OBAT RACIKAN**
 Puyer/Serbuk : 6 bulan
 Sirup kering : 7 - 14 hari
 Salep/ cream : 30 hari setelah peracikan
- SIRUP, SUSPENSI, EMULSI**
 pada umumnya 14 hari setelah segel dibuka
- SALEP / CREAM**
 30 hari setelah kemasan dibuka
- SALEP MATA / INHALER**
 28 hari setelah tutup dibuka
- TETES MATA / TETES TELINGA**
 28 hari setelah tutup dibuka
 jika sediaan minidose, 3x24 jam setelah dibuka
- INJEKSI INSULIN MULTIDOSE**
 28 hari setelah kemasan dibuka

Figure 2. Leaflet *Beyond Use Date*



DAGUSIBU

Dapatkan GUnakan Simpan BUang

Obat dengan Baik dan Benar



DAPATKAN

- Dapatkan obat disarana resmi seperti : Apotek, Toko obat berizin , Klinik dan Rumah sakit
- perhatikan nama obat , kondisi kemasan , nomor registrasi BPOM, tanggal kadaluarsanya



GUNAKAN

- Gunakan obat sesuai aturan pakai pada wadah atau etiket obat
- Obat antibiotik harus dihabiskan
- tanyakan pada apoteker cara penggunaan obat sediaan khusus



SIMPAN

- Simpan obat pada tempat dan kondisi yang sesuai petunjuk penggunaan , biasanya tidak boleh terkena cahaya matahari langsung dan pada tempat yang tertutup dan kering
- jauhkan dari jangkauan anak-anak



BUANG

- Obat yang kadaluarsa atau rusak harus dibuang dengan benar sesuai jenis sediaan nya

PSPA STIFAR RIAU ANGKATAN 11

Figure 2. Leaflet ACTION