

ABSTRAK

Latar Belakang

Trauma mata merupakan salah satu penyebab utama gangguan penglihatan dan kebutaan di dunia. *World Health Organization* melaporkan sekitar 1,6 juta orang mengalami kebutaan akibat trauma mata dan 19 juta menderita kebutaan unilateral. Dokter umum di pelayanan kesehatan primer berperan penting dalam penanganan awal trauma mata, termasuk identifikasi tanda bahaya, pertolongan pertama, dan penentuan rujukan. Media edukasi ringkas seperti buku saku berpotensi meningkatkan kompetensi dokter umum dalam tatalaksana awal trauma mata.

Tujuan

Mengetahui dan menganalisis pengaruh media buku saku trauma mata terhadap peningkatan pengetahuan dan keterampilan klinis dokter umum di pelayanan kesehatan primer..

Metode

Penelitian ini merupakan studi eksperimental semu dengan rancangan *pretest–posttest with control group design*. Subjek penelitian adalah 60 dokter umum di Kota Semarang yang dipilih melalui *simple random sampling* dan dibagi menjadi kelompok perlakuan serta kontrol. Pengetahuan dinilai dengan MCQ, sedangkan keterampilan klinis dinilai menggunakan OSCE daring berbasis *checklist* terstruktur. Analisis menggunakan *Paired t-test*, *Independent t-test*, dan *Mann-Whitney* dengan $p < 0,05$.

Hasil

Pada kelompok perlakuan, nilai MCQ meningkat bermakna (delta 14,00; $p < 0,001$), sedangkan pada kelompok kontrol peningkatan tidak bermakna (delta 4,00; $p = 0,161$). Nilai OSCE meningkat bermakna pada kedua kelompok, tetapi peningkatan kelompok perlakuan (delta 8,63) lebih besar dibandingkan kontrol (delta 4,40; $p = 0,010$).

Kesimpulan

Media buku saku trauma mata berpengaruh signifikan terhadap peningkatan pengetahuan dan keterampilan klinis dokter umum di pelayanan kesehatan primer.

Kata Kunci

Buku saku, Trauma mata, Pengetahuan, Keterampilan klinis, MCQ, OSCE, Dokter umum

ABSTRACT

Background

Ocular trauma is a major cause of visual impairment and blindness worldwide. General practitioners (GPs) in primary care have an important role in its initial management, including recognizing warning signs, providing first aid, and making appropriate referrals. Practical educational media such as pocket books may improve GPs' knowledge and clinical skills in early ocular trauma management.

Objective

To analyze the effect of an ocular trauma pocket book on improving the knowledge and clinical skills of general practitioners in primary healthcare.

Methods

This quasi-experimental study used a pretest–posttest control group design. Sixty general practitioners in Semarang City were selected by simple random sampling and assigned to intervention and control groups. Knowledge was assessed using MCQ, and clinical skills were evaluated using an online OSCE with a structured checklist. Data were analyzed using paired *t*-tests, independent *t*-tests, and Mann–Whitney tests, with $p < 0.05$ considered significant.

Results

MCQ scores increased significantly in the intervention group (delta 14.00; $p < 0.001$), while the control group showed no significant increase (delta 4.00; $p = 0.161$). OSCE scores improved in both groups, with greater improvement in the intervention group (delta 8.63 vs. 4.40; $p = 0.010$).

Conclusion

The ocular trauma pocket book significantly improved the knowledge and clinical skills of general practitioners in primary healthcare.

Keywords

Pocket book, Ocular trauma, Knowledge, Clinical skills, MCQ, OSCE, General practitioners