

ABSTRAK

HUBUNGAN RASIONALITAS PENGGUNAAN OBAT ANTIHIPERTENSI PADA PASIEN HIPERTENSI DENGAN LUARAN KLINIS DI BANDAR LAMPUNG PERIODE JANUARI - DESEMBER 2023

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Latar Belakang: Hipertensi ialah penyakit degeneratif penyebab kematian nomor tiga di Indonesia. Di Bandar Lampung tingkat penderita tertinggi berada di Kecamatan Panjang. Tingginya kasus hipertensi akan semakin meningkat apabila tidak mendapatkan pengobatan secara rasional. Penelitian ini bertujuan mengevaluasi penggunaan obat antihipertensi dan mengetahui hubungan antara terapi rasional antihipertensi dengan luaran klinis.

Metode: Penelitian menggunakan metode observasional deskriptif dengan studi *cross sectional*. Pengumpulan data dilakukan secara retrospektif. Subjek penelitian sebanyak 151 rekam medis dengan teknik *total sampling*. Data diambil dari rekam medis pasien hipertensi di Instalasi Rawat Jalan Puskesmas Panjang periode Januari-Desember 2023. Evaluasi dikaji berdasarkan *literature* (JNC 8 dan Pedoman Kementerian Kesehatan RI tahun 2019).

Hasil: Penggunaan antihipertensi didominasi dengan obat amlodipin 136 pasien (90%). Gambaran pemberian antihipertensi secara rasional 107 pasien (70,8%) dan 44 pasien (29,2 %) tidak rasional. Tepat indikasi 151 pasien (100%), tepat obat 112 pasien (72,7%) dan 42 pasien (27,3%) tidak tepat obat, tepat dosis 152 pasien (98,7%) dan 2 pasien (1,3%) tidak tepat dosis. Adanya hubungan terapi rasional antihipertensi dengan ketercapaian target tekanan darah ($p \text{ value} = 0,001$).

Kesimpulan: Adanya hubungan antara terapi rasional antihipertensi pada pasien hipertensi dengan luaran klinis di Instalasi Rawat Jalan Puskesmas Panjang Periode Januari-Desember 2023.

Kata kunci: Hipertensi, Luaran Klinis, Terapi Rasional

ABSTRACT

RELATIONSHIP BETWEEN THE RATIONALITY OF THE USE OF ANTIHYPERTENSIVE DRUGS IN HYPERTENSIVE PATIENTS WITH CLINICAL OUTCOMES IN BANDAR LAMPUNG IN THE PERIOD OF JANUARY - DECEMBER 2023

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Background: Hypertension is a degenerative disease that causes the third death in Indonesia. In Bandar Lampung, the highest level of sufferers is in Panjang District. The high number of hypertension cases will increase if they do not receive rational treatment. This study aims to evaluate the use of antihypertensive drugs and determine the relationship between rational antihypertensive therapy and clinical outcomes.

Method: The study used a descriptive observational method with a cross-sectional study. Data collection was carried out retrospectively. The subjects of the study were 151 medical records with a total sampling technique. Data were taken from medical records of hypertensive patients at the Outpatient Installation of Panjang Health Center for the period January-December 2023. The evaluation was reviewed based on literature (JNC 8 and Guidelines of the Indonesian Ministry of Health in 2019).

Results: The use of antihypertensives was dominated by amlodipine 136 patients (90%). The description of rational antihypertensive administration was 107 patients (70.8%) and 44 patients (29.2%) were irrational. Correct indication 151 patients (100%), correct medication 112 patients (72.7%) and 42 patients (27.3%) incorrect medication, correct dosage 152 patients (98.7%) and 2 patients (1.3%) incorrect dosage. There is a relationship between rational antihypertensive therapy and the achievement of blood pressure targets (p value = 0.001).

Conclusion: There is a relationship between rational antihypertensive therapy in hypertensive patients with clinical outcomes at the Outpatient Installation of Panjang Health Center for the period January-December 2023

Keywords: Hypertension, Clinical Outcome, Rational Therapy