

ABSTRACT

THE RELATIONSHIP BETWEEN THE APPROPRIATENESS OF ANTIHYPERTENSIVE DRUG USE AND BLOOD PRESSURE TARGETS ACHIEVEMENT IN OUTPATIENT HYPERTENSION PATIENTS IN SIMPUR COMMUNITY HEALTH CENTER

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Background: Hypertension is a disorder of the circulatory system that results in elevated blood pressure exceeding physiological values. A diagnosis of hypertension is made when blood pressure readings are greater than 140/90 mmHg in individuals under the age of 60 and greater than 150/90 mmHg in those aged 60 and above, in the absence of diabetes and renal failure. The prevalence of hypertension in Lampung Province, based on measurements taken from individuals aged 18 years and older, is 7.95%, equating to approximately 20,838 individuals. This study aims to examine the relationship between the accuracy of antihypertensive medication usage and the achievement of target blood pressure in hypertensive patients.

Methods: This study employs a descriptive research design utilizing retrospective data derived from the medical records of hypertensive outpatient patients treated at Puskesmas Simpura during the year of 2024. The study aims to examine the relationship between the accuracy of antihypertensive medication usage and the achievement of normal blood pressure levels in hypertensive patients, referencing the guidelines established by JNC VIII (2014) and Kemenkes RI.

Results: The findings indicate that out of 230 patients, 217 demonstrated appropriate medication usage. The evaluation of the accuracy of antihypertensive medication selection among hypertensive patients revealed that 100% of patients were appropriate, 100% of indications were appropriate, 91.74% of medications were appropriate, 97.83% of dosages were appropriate, and 100% of routes of administration were appropriate.

Conclusions: a bivariate analysis utilizing the chi-square test shows a statistically significant relationship between the accuracy of medication usage and the achievement of target blood pressure levels with p value < 0.001 .

Keywords: Appropriate Use of Medication, Hypertension, Antihypertensive, Blood Pressure

ABSTRAK

HUBUNGAN KETEPATAN PENGGUNAAN OBAT ANTIHIPERTENSI TERHADAP KETERCAPAIAN TARGET TEKANAN DARAH PADA PASIEH HIPERTENSI RAWAT JALAN PUSKESMAS SIMPUR

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Latar Belakang: Hipertensi merupakan kelainan sistem peredaran darah menyebabkan tekanan darah meningkat melebihi nilai normal, terdiagnosa hipertensi apabila memiliki tekanan darah $>140/90$ mmHg pada usia <60 tahun dan $>150/90$ mmHg pada usia >60 tahun, tanpa penyakit diabetes dan gagal ginjal. Angka prevalensi hipertensi di Provinsi Lampung berdasarkan hasil pengukuran pada usia ≥ 18 tahun sebesar 7,95% atau 20.838 orang. Penelitian ini bertujuan untuk mengetahui hubungan ketepatan penggunaan obat antihipertensi terhadap ketercapaian target tekanan darah pada pasien hipertensi.

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan data retrospektif dari rekam medis pasien hipertensi di rawat jalan Puskesmas Simpur tahun 2024. Hubungan ketepatan penggunaan obat antihipertensi terhadap ketercapaian target tekanan darah pada pasien hipertensi berdasarkan literatur JNC VIII tahun 2014 dan Kemenkes RI.

Hasil: Hasil penelitian menunjukkan bahwa dari 230 pasien terdapat 217 pasien yang tepat penggunaan obat serta evaluasi ketepatan pemilihan obat antihipertensi pada pasien hipertensi berdasarkan tepat pasien 100%, tepat indikasi 100%, tepat obat 91,74%, tepat dosis 97,83% dan tepat rute pemberian 100%.

Kesimpulan: Pada uji bivariat dengan menggunakan uji *chi square* terdapat hubungan yang signifikan antara ketepatan penggunaan obat terhadap ketercapaian target tekanan darah dengan nilai *p value* $< 0,001$.

Kata Kunci: Ketepatan Penggunaan Obat, Hipertensi, Antihipertensi, Tekanan Darah