

ABSTRACT

RATIONALITY OF DIURETIK USE IN INPATIENTS WITH CONGESTIVE HEART FAILURE AT THE INTEGRATED CARDIAC SERVICE INSTALLATION OF Dr. H. ABDUL MOELOEK REGIONAL HOSPITAL FOR THE PERIOD 2023-2024

By

NAJWA KHOIRUNNISA

Background: Cardiovascular disease is the leading cause of death worldwide, with congestive heart failure posing a significant global burden and accounting for approximately 0.85% in Indonesia. Diuretics are the primary therapy for reducing congestion, but their use is not always aligned with clinical needs. This study aims to assess the rationality of diuretik use in hospitalized patients with congestive heart failure at the Integrated Heart Service Installation of Dr. H. Abdul Moeloek Regional General Hospital during the period 2023–2024.

Methods: This study uses a descriptive design with a cross-sectional approach. A total of 64 samples were obtained thru total sampling techniques from patient medical records. Data were analyzed and presented in the form of frequency and percentage distributions using SPSS.

Results: The prevalence of congestive heart failure during the study period was recorded at 356 cases (5.5%). Non-modifiable risk factors were dominated by age ≥ 55 years (70.3%) and being male (67.2%). Modifiable risk factors included hypertension (71.9%), diabetes mellitus (56.2%), dyslipidemia (57.8%), *Body Mass Index* (BMI) 25–29.9 (45.3%), and a history of smoking (57.8%). The assessment of rationality based on the 5T criteria showed correct diagnosis, correct indication, correct drug selection, and correct administration method, each at 100%, and correct dosage at 93.3%.

Conclusion: The prevalence of congestive heart failure is quite high, with a dominance of risk factors such as advanced age, male gender, and modifiable risk factors. The use of diuretiks is generally rational based on the 5T criteria, although there are still some dosage inaccuracies.

Keywords: congestive heart failure, diuretic, rationality of drug use

ABSTRAK

RASIONALITAS PENGGUNAAN OBAT DIURETIK PADA PASIEN GAGAL JANTUNG KONGESTIF RAWAT INAP DI INSTALASI LAYANAN JANTUNG TERPADU RSUD Dr. H. ABDUL MOELOEK PERIODE 2023–2024

Oleh

NAJWA KHOIRUNNISA

Latar Belakang: Penyakit kardiovaskular merupakan penyebab kematian utama di dunia, dengan gagal jantung kongestif memberikan beban signifikan secara global dan sekitar 0,85% di Indonesia. Diuretik menjadi terapi utama untuk mengurangi kongestif, namun penggunaannya belum selalu sesuai kebutuhan klinis. Penelitian ini bertujuan menilai rasionalitas penggunaan diuretik pada pasien gagal jantung kongestif rawat inap di Instalasi Layanan Jantung Terpadu RSUD Dr. H. Abdul Moeloek periode 2023–2024.

Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan *cross sectional*. Sebanyak 64 sampel diperoleh melalui teknik total sampling dari rekam medis pasien. Data dianalisis dan disajikan dalam bentuk distribusi frekuensi dan persentase menggunakan SPSS.

Hasil: Prevalensi gagal jantung kongestif selama periode penelitian tercatat sebanyak 356 kasus (5,5%). Faktor risiko yang tidak dapat dimodifikasi didominasi usia ≥ 55 tahun (70,3%) dan laki-laki (67,2%). Faktor risiko yang dapat dimodifikasi meliputi hipertensi (71,9%), diabetes melitus (56,2%), dislipidemia (57,8%), Indeks Massa Tubuh (IMT) 25–29,9 (45,3%), dan riwayat merokok (57,8%). Penilaian rasionalitas berdasarkan kriteria 5T menunjukkan tepat diagnosis, tepat indikasi, tepat pemilihan obat, dan tepat cara pemberian masing-masing 100%, serta tepat dosis sebesar 93,3%.

Kesimpulan: Prevalensi gagal jantung kongestif cukup tinggi, dengan dominasi faktor risiko usia lanjut, laki-laki, serta faktor risiko yang dapat dimodifikasi. Penggunaan diuretik secara umum telah rasional berdasarkan kriteria 5T, meskipun masih ditemukan ketidaktepatan dosis.

Kata kunci: gagal jantung kongestif, diuretik, rasionalitas penggunaan obat