

## ABSTRAK

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Judul : **Kajian Kesesuaian Terapi Antihipertensi Pada Pasien Hipertensi Rawat Jalan Di Rumah Sakit Umum Daerah Budhi Asih Periode Juli – Desember 2022.**

Hipertensi merupakan *the killer disease* karena merupakan penyakit pembunuh dimana penderita tidak mengetahui jika dirinya mengidap hipertensi. Hipertensi merupakan penyakit tidak menular menurut WHO (*World Health Organization*) di Indonesia sekitar 57,6%. Hipertensi terjadi karena tekanan darah sistolik dan diastolik diatas normal, serta adanya faktor risiko yang tidak terkontrol menyebabkan tekanan darah terus menerus tinggi dalam jangka waktu yang lama serta dapat menimbulkan penyakit penyerta. Penelitian ini merupakan penelitian yang bersifat deskriptif secara retrospektif. Dari 110 sampel didapatkan hasil, jenis kelamin didominasi oleh perempuan sebanyak (60,90%), usia rentang 45-65 tahun terbanyak (54,54%), tekanan darah hipertensi tingkat I sebanyak (57,27%), penyakit penyerta terbanyak yaitu diabetes melitus (40%), jenis terapi antihipertensi tunggal terbanyak golongan calcium channel blocker (33,63%), terapi kombinasi 2 obat terbanyak calcium channel blocker + beta blocker (10,90%), terapi 3 kombinasi obat terbanyak calcium channel blocker + beta blocker + angiotensin reseptor blocker (30%), tepat pemilihan obat (97,27%), tepat dosis (100%), tepat frekuensi (100%), dan tepat indikasi (100%).

Kata Kunci : Hipertensi, Tepat Dosis, Tepat Frekuensi, Tepat Indikasi, Tepat Obat

## **ABSTARCT**

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Title : ***Review of the Appropriateness of Antihypertensive Therapy in Outpatient Hypertension Patients at Budhi Asih Regional General Hospital July - December 2022.***

*Hypertension is the killer disease because it is a killer disease where the patient does not know if he has hypertension. Hypertension is a non-communicable disease according to WHO (World Health Organization) in Indonesia around 57.6%. Hypertension occurs because systolic and diastolic blood pressure is above normal, and the presence of uncontrolled risk factors causes blood pressure to continue to be high for a long time and can cause comorbidities. This study is a retrospective descriptive study. Of the 110 samples obtained, the gender was dominated by women as much as (60.90%), the age range of 45-65 years was the most (54.54%), the blood pressure was hypertension level I as much as (57.27%), the most comorbidities were diabetes mellitus (40%), the most types of single antihypertensive therapy were calcium channel blockers (33, 63%), the most combination therapy of 2 drugs calcium channel blocker + beta blocker (10.90%), the most combination therapy of 3 drugs calcium channel blocker + beta blocker + angiotensin receptor blocker (30%), the right drug selection (97.27%), the right dose (100%), the right frequency (100%), and the right indication (100%).*

*Keywords: Hypertension, Right Drug, Right Dose, Right Frequency, Right Indication*