

ABSTRAK

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Judul : Gambaran Penggunaan Obat dan Potensi Interaksi pada Pasien Hipertensi yang juga Mengkonsumsi Obat Tradisional di Puskesmas Tobelo

Hipertensi merupakan salah satu penyebab utama kematian dini di seluruh dunia. Hipertensi adalah suatu keadaan dimana tekanan darah meningkat secara persisten $\geq 140/90$ mmHg. Disamping upaya pengobatan hipertensi menggunakan obat-obatan modern, penggunaan obat tradisional juga tidak kalah diminati. Tetapi selain dipercaya dapat memberikan efek yang potensial, efek yang tidak diinginkan juga mungkin terjadi sehingga penggunaannya perlu dipantau dengan baik. Penelitian ini merupakan penelitian observasional deskriptif yang bertujuan untuk melihat gambaran penggunaan obat dan potensi interaksi pada pasien hipertensi yang juga mengkonsumsi obat tradisional di Puskesmas Tobelo. Teknik pengambilan sampel menggunakan metode total sampling. Pengumpulan data menggunakan kuesioner dan potensi interaksi obat dianalisis menggunakan aplikasi berbasis data *Medscape*, *RxList* dan buku *Stockley's Herbal Medicines Interactions*. Hasil penelitian menunjukkan 73,8% responden perempuan dan 26,2% laki-laki. 81% responden rutin menggunakan obat antihipertensi dan hanya 35,7% yang rutin menggunakan obat tradisional. Daun sirsak (32,1%), daun afrika (20,8%), dan mentimun (11,3%) merupakan obat tradisional terbanyak digunakan. 35 orang (83,3%) menggunakan 1 jenis obat antihipertensi dan 7 orang (16,7%) kombinasi dua atau lebih obat. Amlodipin terbanyak digunakan (50%) diikuti Candesartan (19%). Terdapat 5 potensi interaksi antara obat tradisional dan obat antihipertensi yang mungkin terjadi, 4 diantaranya memiliki tingkat keparahan moderate.

Kata kunci: Hipertensi, Interaksi Obat, Obat Antihipertensi, Obat Tradisional

ABSTRACT

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Title : An Overview of the Drug Use and Potential Interactions in Hypertensive Patients who also Consume Traditional Medicines at Puskesmas Tobelo

Hypertension is one of the leading causes of premature death worldwide. Hypertension is a condition in which blood pressure increases persistently $\geq 140/90$ mmHg. Besides efforts to treat hypertension using modern medicines, the use of traditional medicine is also no less attractive. But in addition to being believed to have a potential effect, unwanted effects are also possible so that their use needs to be monitored properly. This is a descriptive observational study that aims to see the description of drug use and potential interactions in hypertensive patients who also consume traditional medicine at Puskesmas Tobelo. The sampling technique used is the total sampling method. The data were collected using questionnaires and the potential drug interactions were analyzed using data-based applications Medscape, RxList and Stockley's Herbal Medicines Interactions book. The results showed that 73.8% is female and 26.2% is male. 81% of respondents routinely use antihypertensive drugs and only 35.7% regularly use traditional medicine. Soursop leaves (32.1%), African leaves (20.8%) and cucumber (11.3%) are the most commonly used. 35 people (83.3%) used 1 type of antihypertensive drug and 7 people (16.7%) used a combination of two or more drugs. Amlodipine was used the most (50%) followed by Candesartan (19%). There are 5 potential interactions between traditional medicines and antihypertensive drugs that may occur, 4 of which have moderate severity.

Keywords: Antihypertensive Drug, Drug Interaction, Hypertension, Traditional Medicine