

ABSTRAK

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Program Studi : S1 Farmasi
Judul : Evaluasi Rasionalitas Penggunaan Obat Antihipertensi pada Pasien Hipertensi di Puskesmas Adi Luhur Kabupaten Mesuji Periode Januari-Juli 2021

Meningkatnya angka morbiditas dan angka mortalitas akibat penyakit kardiovaskular kini menjadi masalah utama di negara berkembang maupun negara maju. Penyebab terbesar penyakit kardiovaskular adalah hipertensi yang prevalensinya semakin meningkat sehingga penggunaan obat yang rasional oleh pasien hipertensi perlu diperhatikan karena merupakan salah satu elemen penting dalam tercapainya kualitas kesehatan. Tujuan penelitian untuk mengetahui evaluasi rasionalitas penggunaan obat antihipertensi pada pasien hipertensi di Puskesmas Adi Luhur kabupaten Mesuji periode januari-juli 2021.

Penelitian ini merupakan penelitian deskriptif dengan pengumpulan data secara *retrospektif* dan teknik pengambilan sampel secara *purposive sampling*.

Hasil penelitian menunjukkan data penderita hipertensi terbanyak adalah perempuan (64,5%) dan laki-laki (35,5%). Berdasarkan usia terbanyak berada pada rentang usia (56-65 tahun) sebanyak 32,2% dan sebagian besar subjek penelitian menderita hipertensi stadium 2 ($\geq 160/\geq 100$ mmHg) yaitu 73,6%. Berdasarkan penggunaan obat antihipertensi menunjukkan bahwa sebagian besar subjek penelitian mendapatkan obat dengan jenis terapi tunggal (81,6%), sedangkan pasien yang mendapat terapi kombinasi (18,4%). Golongan obat antihipertensi yang paling banyak digunakan adalah golongan CCB dengan jenis obat amlodipin (57,9%), Kombinasi yang banyak diresepkan adalah diuretik kuat dengan ACE Inhibitor sebanyak 7,9%. Hasil evaluasi rasionalitas penggunaan obat antihipertensi berdasarkan tepat pasien (100%), tepat dosis (100%) tepat obat (94,7%), dan tepat indikasi (100%).

Kata kunci:

Hipertensi, obat antihipertensi, rasionalitas pengobatan.

ABSTRACT

Name : Kadek Gita Dwi Anggraini
Study Program : S1 Farmasi
Title : Evaluation of the Rationality of the Use of Antihypertensive Drugs in Hypertensive Patients at the Adi Luhur Health Center, Mesuji Regency, January-July 2021

The increasing number of morbidity and mortality due to cardiovascular disease is now a major problem in developing and developed countries. The biggest cause of cardiovascular disease is hypertension whose prevalence is increasing so that the rational use of drugs by patients needs to be considered because it is one of the important elements in achieving quality health. The purpose of the study was to evaluate the rationality of the use of antihypertensive drugs in hypertensive patients at the Adi Luhur Public Health Center, Mesuji Regency for the period January-July 2021.

This research is a descriptive study with retrospective data collection and purposive sampling technique.

The results showed that the most data on hypertension sufferers were women (64.5%) and men (35.5%). age based on age was in the age range (56-65 years) as much as 32.2% and most of the subjects suffered from stage 2 hypertension ($\geq 160/\geq 100$ mmHg) which was 73.6%. Based on the use of antihypertensive drugs, it was shown that most of the research subjects received single therapy (81.6%), while patients who received combination therapy (18.4%). The most widely used group of antihypertensive drugs is the CCB group with amlodipine (57.9%), the most commonly prescribed combination is a strong diuretic with an ACE inhibitor as much as 7.9%. The results of the rationale evaluation of the use of antihypertensive drugs were based on the right patient (100%), the right dose (100%), the right drug (94,7%), and the right indication (100%).

Keywords:

Hypertension, antihypertensive drug, rationality of treatment.