

# EVALUASI POLA PENGGUNAAN OBAT ANTIHIPERTENSI DI RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA TAHUN 2020

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## INTISARI

**Latar belakang:** Hipertensi merupakan salah satu penyakit yang tidak menular dengan tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg pada dua kali pengukuran dengan jarak waktu lima menit dalam keadaan cukup istirahat atau tenang. Hipertensi biasanya diberikan terapi farmakologi tunggal maupun kombinasi yang harus bersifat rasional. Rasionalitas penggunaan obat antihipertensi akan menentukan luaran terapi yang optimal. Ketidak rasionalan penggunaan obat antihipertensi dapat mengakibatkan kegagalan terapi bahkan kematian.

**Tujuan Penelitian:** Untuk mengetahui pola penggunaan obat antihipertensi di RSUD Panembahan Senopati Bantul Yogyakarta.

**Metode Penelitian:** Deskriptif observasional dengan pendekatan retrospektif. Pengambilan data dilakukan dengan menggunakan data rekam medis periode Januari - Desember 2020. Pengambilan data dilakukan di bagian rekam medis di RSUD Panembahan Senopati Bantul Yogyakarta.

**Hasil Penelitian:** Sebanyak 70 pasien hipertensi dengan kelompok umur paling banyak  $\geq 60$  tahun 71,4% dan jumlah wanita lebih banyak yaitu 55,7% dibandingkan pria yaitu 44,2% dengan penyakit penyerta atau komplikasi yaitu DM (diabetes melitus) 11,4%. Penggunaan obat yang paling banyak yaitu golongan CCB dengan pilihan jenis obat amlodipin 43,7% serta obat kombinasi yang paling banyak digunakan adalah amlodipin dengan kandesartan 13,5%. Evaluasi rasionalitas penggunaan obat antihipertensi menunjukkan tepat pasien 100%, tepat indikasi 100%, tepat dosis 91,1% dan tepat obat 91,1%.

**Kesimpulan:** Terdapat parameter rasionalitas penggunaan obat yang tidak mencapai 100%, yaitu tepat obat dan tepat dosis.

**Kata kunci:** Hipertensi, antihipertensi, rasionalitas, rumah sakit.

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**EVALUATION OF ANTIHYPERTENSION DRUG USE PATTERNS  
AT PANEMBAHAN SENOPATI HOSPITAL, BANTUL  
YOGYAKARTA YEAR 2020**

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**ABSTRACT**

**Background:** Hypertension is a non-communicable disease with a systolic blood pressure of more than 140 mmHg and a diastolic blood pressure of more than 90 mmHg on two measurements with an interval of five minutes in a state of sufficient rest or calm. Hypertension is usually given single or combination pharmacological therapy which must be rational. The rationale for using antihypertensive drugs will determine the optimal therapeutic outcome. Irrational antihypertensives can lead to treatment failure and even death.

**Research Objectives:** To determine the pattern of drug use in hypertensive patients at Panembahan Senopati Hospital, Bantul, Yogyakarta.

**Research Methods:** Observational descriptive with a retrospective approach. Data collection was carried out using medical record data for the period January - December 2020. Data collection was carried out in the medical record section at Panembahan Senopati Hospital, Bantul Yogyakarta.

**Results:** A total of 70 hypertensive patients with a maximum age group of 60 years, the number of women is 55.7% more than men, namely 44.2% with comorbidities or complications, namely DM (diabetes mellitus) 11.4%. The most widely used drugs were the CCB group with 43.7% amlodipine and 13.5% amlodipine with kandesartan. Evaluation of the rationality of the use of antihypertensive drugs showed that the patient was 100% correct, the indication was 100%, the dose was 91.1% and the drug was 91.1%.

**Research Results:** A total of 70 hypertensive patients with a maximum age group of 60 years 71,4% and more women than men with comorbidities or complications, namely DM (diabetes mellitus). The most widely used drugs were the CCB group with 43.7% amlodipine and 13.5% amlodipine with kandesartan. Evaluation of the rationality of the use of antihypertensive drugs showed that the patient was 100% correct, the indication was 100%, the dose was 91.1% and the drug was 91.1%.

**Conclusion:** There are parameters of rationality of drug use that do not reach 100%, namely the right drug and the right dose.

**Keywords:** Hypertension, Antihypertensive, Rationality, Hospital.

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