

KAJIAN POTENSI INTERAKSI OBAT ANTIHIPERTENSI TERHADAP *OUTCOME* KLINIK PASIEN HIPERTENSI RAWAT INAP DI RSUD SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang: Hipertensi merupakan suatu keadaan peningkatan tekanan darah sistolik dan diastolik $\geq 140/90$ mmHg setelah dilakukan dua kali pengukuran secara terpisah. Pasien hipertensi memerlukan kombinasi beberapa obat antihipertensi. Pemberian beberapa obat antihipertensi dapat menimbulkan terjadinya potensi interaksi obat yang mengakibatkan efek terapi obat tidak tercapai dan *outcome* klinik pada pasien tidak terkontrol.

Tujuan Penelitian: Mengetahui hubungan potensi interaksi obat antihipertensi terhadap *outcome* klinik pasien hipertensi rawat inap di RSUD Sleman Yogyakarta periode Januari-Desember 2021.

Metode Penelitian: Desain penelitian ini adalah observasional analitik non-eksperimental dengan pendekatan retrospektif. Penelitian dilakukan di RSUD Sleman Yogyakarta dengan teknik pengambilan sampel secara *proporsive sampling*. Sampel pada penelitian ini sebanyak 201. Data yang diperoleh dianalisis dengan *Chi-square*.

Hasil Penelitian: Pasien hipertensi banyak terjadi pada usia 41-60 tahun (49%) dengan jenis kelamin paling banyak pada laki-laki (52%) dan pasien hipertensi dengan penyakit penyerta (79%). Mayoritas *outcome* klinik pasien hipertensi tidak terkontrol (54,20%). Terapi hipertensi pada pasien lebih banyak diberikan terapi antihipertensi kombinasi (55%). Banyak terdapat potensi interaksi obat antihipertensi pada pasien hipertensi (67%) dengan jenis interaksi obat farmakodinamika (67%) dengan tingkat keparahan *moderat* (85%). Terdapat hubungan antara potensi interaksi obat antihipertensi terhadap *outcome* klinik pasien dengan hasil *Chi-square* diperoleh nilai $p=0,011 (< 0,05)$.

Kesimpulan: Terdapat hubungan antara potensi interaksi obat antihipertensi terhadap *outcome* klinik pasien hipertensi rawat inap.

Kata Kunci: Hipertensi, Interaksi obat, *Outcome* Klinik

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STUDY OF POTENTIAL ANTIHYPERTENSIVE DRUG INTERACTIONS IN CLINICAL OUTCOMES OF HYPERTENSION PATIENTS AT SLEMAN HOSPITAL YOGYAKARTA

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ABSTRACT

Background: Hypertension increases systolic and diastolic blood pressure $\geq 140/90$ mmHg after two separate measurements. The patient's hypertension requires a combination of several antihypertensive drugs. However, the administration of some antihypertensive drugs can lead to potential drug interactions that result in the effect of drug therapy not being achieved and clinical outcomes in patients are not controlled.

Research Objectives: Knowing the relationship between potential antihypertensive drug interactions and inpatient hypertension patients' clinical outcomes at Sleman Hospital Yogyakarta for the January-December 2021.

Research Methods: The design of this study is observational non-experimental analytics with a retrospective approach. The study was conducted at Sleman Hospital Yogyakarta with a sampling technique in proportion sampling. In this study, there were 201. The data obtained were analyzed with Chi-square.

Research Results: Hypertensive patients mainly occur at the age of 41-60 years (49%), with the most sex in men (52%) and hypertensive patients with comorbidities (79%). The majority of clinical outcomes of hypertensive patients were uncontrolled (54.20%). Hypertension therapy in patients is more given combination antihypertensive therapy (55%). There is a lot of potential for antihypertensive drug interactions in hypertensive patients (67%) with pharmacodynamic drug interaction types (67%) with moderate severity (85%). There was an association between the potential interaction of antihypertensive drugs to the clinical outcomes of patients, and chi-square results obtained a value of $p = 0.011 (< 0.05)$.

Conclusion: There is an association between potential antihypertensive drug interactions to clinical outcomes of inpatient hypertension patients.

Keywords: Hypertension, Drug Interactions, Clinical Outcomes

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