

Hubungan Kepatuhan Penggunaan Obat Antihipertensi terhadap Kualitas Hidup Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisis di Rumah Sakit Umum Daerah Sleman Yogyakarta

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INTISARI

Latar Belakang: Gagal ginjal kronik (GGK) merupakan salah satu masalah kesehatan dunia yang terjadi di Indonesia, yang masuk dalam 10 besar penyakit kronik. GGK merupakan suatu penyakit yang menjadi masalah kesehatan masyarakat seluruh dunia dengan prevalensi yang sangat tinggi dan memiliki dampak morbiditas, mortalitas, dan sosial ekonomi akibat dari biaya yang cukup tinggi. Kepatuhan penggunaan obat antihipertensi pada pasien GGK sangat penting mengontrol tekanan darah dan juga sangat berperan dalam menurunkan risiko berkembangnya komplikasi kardiovaskular.

Tujuan Penelitian: Menganalisis kualitas hidup pasien GGK yang menjalani terapi hemodialisis di RSUD Sleman.

Metode Penelitian: Penelitian ini menggunakan metode observasional deskriptif analitik secara cross-sectional. Pengambilan data menggunakan kuesioner kepatuhan MMAS-8 dan kuesioner kualitas hidup KDQOL 36 pada 104 pasien Gagal Ginjal Kronik yang menjalani Hemodialisis periode Januari-Desember 2022 di Rumah Sakit Umum Daerah Sleman Yogyakarta. Teknik pengambilan sampel menggunakan Teknik *purposive sampling* yang kemudian diolah menggunakan program statistika terkomputasi dengan analisis uji *spearman*.

Hasil: Hasil penelitian menunjukkan dari 104 pasien GGK, mayoritas berusia 55-54 (33,7%), jenis kelamin laki-laki (62,5%), Tidak bekerja (90,4%), lama hemodialisis >25 bulan (61,5%) penggunaan obat antihipertensi yang paling banyak dikonsumsi adalah furosemid (28,85%), tingkat kepatuhan penggunaan obat antihipertensi kategori rendah (78,8%) dan kualitas hidup kategori rendah (53,8%).

Kesimpulan: Berdasarkan hasil penelitian dapat disimpulkan terdapat hubungan yang signifikan antara tingkat kepatuhan penggunaan obat antihipertensi terhadap kualitas hidup pasien GGK

Kata kunci: Gagal Ginjal Kronik, Kepatuhan, Kualitas Hidup

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Correlation between Compliance with Use of Antihypertensive Drugs and Quality of Life in Patients with Chronic Renal Failure Undergoing Hemodialysis at the Sleman Regional General Hospital

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ABSTRACT

Background: Chronic kidney failure (CKD) is a world health problem that occurs in Indonesia, which is included in the top 10 chronic diseases. CRF is a disease that is a public health problem throughout the world with a very high prevalence and has morbidity, mortality and socio-economic impacts due to relatively high costs. CRF is classified into five stages. The last stage is the final stage of CRF or also called End-Stage Renal Disease (ESRD) with a Glomerular Filtration Rate (GFR) value of less than 15 mL/minute, requiring kidney replacement therapy in the form of peritoneal dialysis, kidney transplant or hemodialysis. Compliance with the use of antihypertensive drugs in patients with chronic kidney disease is very important in controlling blood pressure and also plays a very important role in reducing the risk of developing cardiovascular complications.

Objectives: Analyzing the quality of life of CRF patients undergoing hemodialysis therapy at Sleman General Hospital

Method: This study used a cross-sectional analytic descriptive observational method. Data were collected using the MMAS-8 adherence questionnaire and the KDQOL 36 quality of life questionnaire in 104 Chronic Kidney Failure patients undergoing Hemodialysis for the January-December 2022 period at the Sleman Regional General Hospital, Yogyakarta. The sampling technique uses a purposive sampling technique which is then processed using a computerized statistics program with Spearman test analysis.

Results: The results showed that of the 104 CRF patients, the majority were aged 55-54 (33.7%), male (62.5%), did not work (90.4%), had hemodialysis > 25 months (61.5 %) use of antihypertensive drugs that consume the most is furosemide (28,85%), the level of adherence to the use of antihypertensive drugs is low (78.8%) and quality of life is low (53,8%).

Conclusion: Based on the results of the study it can be concluded that there is a significant relationship between the level of adherence to the use of antihypertensive drugs on the quality of life of patients with chronic kidney disease

Keywords: Chronic Renal Failure, Adherence, Quality of Life

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