

HUBUNGAN POTENSI INTERAKSI OBAT ANTIHIPERTENSI TERHADAP LUARAN KLINIK PASIEN LANSIA DI RS PKU

MUHAMMADIYAH YOGYAKARTA

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INTISARI

Latar belakang: Hipertensi merupakan penyakit yang banyak diderita oleh lansia. Adanya perubahan fisiologis, farmakokinetik, farmakodinamik, dan kecenderungan komplikasi penyakit meningkatkan jumlah obat yang diterima oleh pasien lansia. Hal ini berpotensi meningkatkan risiko terjadinya interaksi obat, yang selanjutnya dapat mempengaruhi luaran klinis.

Tujuan: Mengetahui hubungan potensi interaksi obat antihipertensi terhadap luaran klinis pasien lansia di Instalasi Rawat Jalan RS PKU Muhammadiyah Yogyakarta.

Metode: Penelitian observasional analitik dengan waktu pengambilan data secara retrospektif dan teknik *purposive sampling*. Penelitian dilakukan di Instalasi Rawat Jalan RS PKU Muhammadiyah Yogyakarta menggunakan data rekam medis pasien lansia hipertensi rawat jalan. Sampel yang diambil adalah interaksi obat sesama antihipertensi dan non antihipertensi dianalisis menggunakan aplikasi *drugs.com*, dan analisis hubungan potensi interaksi obat antihipertensi terhadap luaran klinis pasien lansia menggunakan uji *chi-square*.

Hasil: Pasien hipertensi lansia mayoritas berjenis kelamin perempuan sebanyak 65,2% dan memiliki penyakit penyerta atau komplikasi sebanyak 78,3%. Jenis pengobatan pasien didominasi oleh terapi kombinasi sebanyak 65,2%. Potensi terjadinya interaksi obat sebanyak 78,3%, dengan tingkat keparahan *moderate* 80,5%, dan mekanisme farmakodinamik sebesar 80,5%. Hasil uji *chi square* hubungan potensi interaksi obat antihipertensi terhadap luaran klinis pasien lansia diperoleh nilai $p=0,445$.

Kesimpulan: Tidak terdapat hubungan antara potensi interaksi obat antihipertensi terhadap luaran klinis pasien lansia ($p > 0,05$).

Kata Kunci: Hipertensi, Lansia, Potensi Interaksi Obat, Tekanan Darah

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THE RELATIONSHIP OF POTENTIAL ANTIHYPERTENSION DRUG INTERACTIONS ON CLINICAL OUTCOMES OF ELDERLY PATIENTS AT PKU MUHAMMADIYAH HOSPITAL YOGYAKARTA

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ABSTRACT

Background: Hypertension is a disease that many elderly people suffer from. The presence of changes in physiology, pharmacokinetics, pharmacodynamics, and the tendency for disease complications increases the number of drugs received by elderly patients. This potentially increases the risk of drug interactions, which may further affect clinical outcomes.

Objective: To determine the relationship between potential antihypertensive drug interactions on the clinical outcomes of elderly patients in the Outpatient Installation of PKU Muhammadiyah Hospital, Yogyakarta.

Method: Analytical observational research with retrospective data collection time and purposive sampling technique. The research was conducted at the Outpatient Installation of PKU Muhammadiyah Hospital Yogyakarta using medical record data from elderly hypertensive outpatients. The samples taken were drug interactions between antihypertensives and non-antihypertensives analyzed using the drugs.com application, and analysis of the relationship between potential antihypertensive drug interactions on clinical outcomes for elderly patients using the chi-square test.

Result: Most elderly hypertensive patients are female, 65.2% and 78.3% have comorbidities or complications. The type of patient treatment was dominated by combination therapy as much as 65.2%. The potential for drug interactions is 78.3%, with moderate severity 80.5%, and pharmacodynamic mechanisms 80.5%. The results of the chi square test of the relationship between potential interactions between antihypertensive drugs and the outcomes of elderly clinical patients obtained a value of $p=0.445$.

Conclusion: There is no relationship between the potential interaction of antihypertensive drugs and blood pressure targets ($p > 0,05$).

Keywords: Blood Pressure, Elderly, Hypertension, Potential Drug Interactions

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