

GAMBARAN POTENSI INTERAKSI OBAT ANTIHIPERTENSI GOLONGAN ACEI ATAU ARB DI INSTALASI RAWAT JALAN RS NUR HIDAYAH BANTUL

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INTISARI

Latar Belakang: Hipertensi ditandai dengan nilai tekanan darah sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg, diukur sebanyak dua kali dalam keadaan istirahat selang lima menit. Penderita hipertensi yang menerima kombinasi terapi bersama dengan penyakit penyerta dan atau komplikasi sering menggunakan berbagai jenis obat secara bersamaan, sehingga berpotensi mengalami interaksi obat yang berdampak pada kegagalan terapi. Terapi farmakologi hipertensi salah satunya dapat diberikan obat golongan *Angiotensin-Converting Enzyme Inhibitor* (ACEI) atau *Angiotensin II Receptor Blocker* (ARB) baik monoterapi maupun kombinasi terapi.

Tujuan Penelitian: Mengetahui potensi interaksi obat antihipertensi golongan ACEI atau ARB di instalasi rawat jalan RS Nur Hidayah Bantul.

Metode Penelitian: Penelitian non-eksperimental yang bersifat deskriptif, dengan pendekatan retrospektif menggunakan rekam medis. Teknik pengambilan sampel dengan *purposive sampling* diperoleh sebanyak 82 pasien yang memenuhi kriteria. Interaksi obat dianalisis menggunakan *website drugs.com* kemudian diolah dengan *Microsoft excel*. Data dianalisis secara univariat dan disajikan dalam bentuk persentase.

Hasil Penelitian: Pasien hipertensi mayoritas berjenis kelamin perempuan 57,3% dengan usia 56-65 tahun 39,0% serta mempunyai penyakit penyerta dan atau komplikasi 56,1%. Kebanyakan pasien hipertensi mendapatkan jenis terapi kombinasi antihipertensi 85,41% yakni obat candesartan + amlodipine 31,7%. Golongan obat non antihipertensi terbanyak yakni obat antidiabetik 24,0% yakni metformin 13,0%. Interaksi terjadi sebanyak 51,2% yang didominasi tingkat keparahan moderat 75,4%, yaitu obat candesartan dengan asam asetil salisilat 19,3% dengan mekanisme farmakodinamik 68,4% didominasi obat valsartan dengan bisoprolol/propranolol 10,5%.

Kesimpulan: Pasien mayoritas mengalami potensi interaksi obat dengan tingkat keparahan moderat serta mekanisme interaksi obat farmakodinamik.

Kata Kunci: Antihipertensi Golongan ACEI atau ARB; Hipertensi; Potensi Interaksi Obat.

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OVERVIEW OF POTENTIAL ANTIHYPERTENSION DRUG INTERACTIONS GROUP ACEI OR ARB IN THE OUTPATIENT INSTALLATIONS AT NUR HIDAYAH HOSPITAL BANTUL

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ABSTRACT

Background: Hypertension is characterized by a systolic blood pressure reading of ≥ 140 mmHg and a diastolic reading of ≥ 90 mmHg, measured twice in a resting state with a five-minute interval. Hypertensive patients who receive combination therapy, often alongside comorbidities and/or complications, frequently use various types of medications simultaneously, which increases the potential for drug interactions that could lead to therapeutic failure. Pharmacological therapy for hypertension may include the use of Angiotensin-Converting Enzyme Inhibitors (ACEIs) or Angiotensin II Receptor Blockers (ARBs), either as monotherapy or in combination therapy.

Objective: To determine the potential drug interactions of ACEI or ARB antihypertensive medications in the outpatient department of Nur Hidayah Hospital, Bantul.

Research Method: This is non-experimental, descriptive study was conducted using a retrospective approach with medical records. A purposive sampling technique was used, resulting in a sample of 82 patients who met the criteria. Drug interactions were analyzed using the website drugs.com and processed with Microsoft Excel. The data were analyzed using univariate analysis and presented as percentages.

Research Results: The majority of hypertensive patients were female (57.3%), aged 56-65 years (39.0%), and had comorbid conditions and/or complications (56.1%). Most hypertensive patients received combination antihypertensive therapy (85.41%), with candesartan + amlodipine being the most common combination (31.7%). The most commonly used non-antihypertensive drugs were antidiabetic drugs (24.0%), with metformin being the most frequent (13.0%). Drug interactions occurred in 51.2% of cases, predominantly with moderate severity (75.4%), involving candesartan and acetylsalicylic acid (19.3%), with pharmacodynamic mechanisms accounting for 68.4% of the interactions, primarily involving valsartan with bisoprolol/propranolol (10.5%).

Conclusion: The majority of patients experience potential drug interactions with moderate severity and a pharmacodynamic drug interaction mechanism.

Keywords: The majority of patients experience potential drug interactions with moderate severity and a pharmacodynamic drug interaction mechanism.

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