

POTENSI INTERAKSI OBAT ANTIDIABETIK DENGAN OBAT ANTIHIPERTENSI PADA PASIEN GERIATRI RAWAT INAP DI RS PANTI RAPIH

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INTISARI

Latar Belakang: Diabetes melitus (DM) adalah penyakit kronis yang ditandai dengan meningkatnya kadar gula darah. DM tipe 2 sering disertai hipertensi karena berbagi karakteristik patofisiologis seperti obesitas dan resistensi insulin. Menurut SKI 2023, prevalensi DM dan hipertensi meningkat pada lansia (2,9%). Kombinasi keduanya sering memicu polifarmasi, yang meningkatkan risiko interaksi obat.

Tujuan Penelitian: Mengetahui ada tidak adanya potensi interaksi antidiabetik dan antihipertensi pada pasien geriatri rawat inap di RS Panti Rapih periode Januari 2020 - Desember 2024.

Metode Penelitian: Desain penelitian ini bersifat deskriptif observasional dengan pendekatan retrospektif yang dilakukan di RS Panti Rapih. Teknik pengambilan sampel menggunakan total *sampling* dengan total 44 pasien sebagai sampel. Data yang dikumpulkan mencakup karakteristik demografi pasien serta pola penggunaan obat antidiabetik oral dan antihipertensi oral. Potensi interaksi obat dianalisis menggunakan *Drugs.com*. Analisis data dilakukan secara univariat untuk menggambarkan karakteristik pasien, pola pengobatan, serta potensi terjadinya interaksi obat

Hasil Penelitian: Pasien geriatri dengan diabetes melitus tipe 2 yang disertai hipertensi di RS Panti Rapih mayoritas berusia 60–74 tahun (61,36%) dengan jenis kelamin perempuan (77,27%). Jenis terapi antidiabetik oral yang paling banyak digunakan yaitu metformin (62,26%) dan antihipertensi yang paling banyak digunakan yaitu amlodipin (30,43%). Pasien mayoritas menerima ≥ 5 jenis obat pada hari pertama perawatan (61,36%). Dari hasil evaluasi, ditemukan (56,82) kejadian interaksi obat, dengan tingkat keparahan *moderate* (52,78%) dan kategori *monitor closely* (47,22%). Mayoritas mekanismenya interaksi yang terjadi adalah mekanisme farmakodinamik (91,67%).

Kesimpulan: Terdapat potensi interaksi obat antara obat antidiabetik dengan antihipertensi pada pasien geriatri.

Kata Kunci: Diabetes melitus, Hipertensi, Geriatri, Interaksi Obat, Rumah Sakit

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POTENTIAL INTERACTIONS OF ANTIDIABETIC DRUGS WITH ANTIHYPERTENSIVE DRUGS IN HOSPITALISED GERIATRIC PATIENTS AT PANTI RAPIH HOSPITAL

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ABSTRACT

Background: Diabetes mellitus (DM) is a chronic disease characterised by elevated blood sugar levels. Type 2 DM is often accompanied by hypertension due to sharing pathophysiological characteristics such as obesity and insulin resistance. According to SKI 2023, the prevalence of DM and hypertension is increasing in the elderly (2.9%). Their combination often triggers polypharmacy, which increases the risk of drug interactions.

Objective: Knowing the absence of potential antidiabetic and antihypertensive interactions in inpatient geriatric patients at Pantj Rapih Hospital for the period January 2020 - December 2024.

Methods: This research design is descriptive observational with a retrospective approach conducted at Pantj Rapih Hospital. The sampling technique used purposive sampling with a total of 44 patients as samples. Data collected included patient demographic characteristics and patterns of oral antidiabetic and oral antihypertensive drug use. Potential drug interactions were analysed using Drugs.com. Data analysis was performed in a univariate manner to describe patient characteristics, treatment patterns, and the potential for drug interactions.

Result: The majority of geriatric patients with type 2 diabetes mellitus accompanied by hypertension at Pantj Rapih Hospital were aged 60-74 years (61.36%) with female gender (77.27%). The most widely used type of oral antidiabetic therapy was metformin (62.26%) and the most widely used antihypertensive was amlodipine (30.43%). The majority of patients received ≥ 5 types of drugs on the first day of treatment (61.36%). From the evaluation results, there were (56.82) drug interaction events, with moderate severity (52.78%) and closely monitored category (47.22%). The majority of interaction mechanisms that occurred were pharmacodynamic mechanisms (91.67%).

Conclusion: Potential drug interactions between antidiabetic drugs and antihypertensives in geriatric patients.

Keywords: Diabetes mellitus, Hypertension, Geriatrics, Drug Interactions, Hospital.

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