

# ANALISIS HUBUNGAN RASIONALITAS PENGGUNAAN OBAT ANTIHIPERTENSI TERHADAP *OUTCOME* KLINIS PASIEN PREEKLAMPSIA DI RSUD BAGAS WARAS KLATEN

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## INTISARI

**Latar Belakang:** Preeklampsia merupakan salah satu komplikasi kehamilan yang berisiko tinggi terhadap morbiditas dan mortalitas ibu serta janin. Penatalaksanaan preeklampsia umumnya melibatkan pemberian obat antihipertensi guna mengontrol tekanan darah dan mencegah komplikasi. Rasionalitas penggunaan obat penting untuk menjamin efektivitas terapi dan meminimalkan efek samping.

**Tujuan Penelitian:** Untuk mengetahui hubungan rasionalitas pengobatan antihipertensi terhadap *outcome* klinis pasien preeklampsia di RSUD Bagas Waras Klaten.

**Metode Penelitian:** Penelitian analitik non-eksperimental dengan desain retrospektif menggunakan data rekam medis pasien preeklampsia periode Oktober 2023–Mei 2025. Jumlah sampel sebanyak 80 orang ditentukan menggunakan rumus Slovin dan kriteria inklusi. Analisis rasionalitas dilakukan berdasarkan pedoman *Drug Information Handbook 23<sup>th</sup> Edition* dan *American Heart Association 2022*. Analisis univariat digunakan untuk mendeskripsikan karakteristik pasien, profil pengobatan, dan rasionalitas penggunaan obat antihipertensi. Analisis bivariat dilakukan untuk menilai hubungan antara rasionalitas pengobatan dan *outcome* klinis.

**Hasil Penelitian:** Mayoritas pasien berusia 26–35 tahun (43,75%), berada pada trimester ketiga (100%), multigravida (72,50%), dan tanpa penyakit penyerta (71,25%). Mayoritas pasien mendapatkan jenis terapi tunggal (62,50%), yaitu nifedipin (38,75%). Evaluasi rasionalitas pengobatan menunjukkan ketepatan sebesar 100% pada aspek pasien, indikasi, dan obat, serta 97,50% pada tepat dosis. Sebanyak 97,50% pasien menerima terapi yang rasional, dan 2,50% mendapatkan terapi yang tidak rasional. Hasil uji statistik hubungan rasionalitas pengobatan terhadap *outcome* klinis diperoleh nilai *p-value* 0,001.

**Kesimpulan:** Terdapat hubungan rasionalitas pengobatan antihipertensi terhadap *outcome* klinis pasien preeklampsia di RSUD Bagas Waras Klaten.

**Kata Kunci:** Antihipertensi, *Outcome* Klinis, Preeklampsia, Rasionalitas,

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# ANALYSIS OF THE RELATIONSHIP BETWEEN THE RATIONALITY OF ANTIHYPERTENSIVE DRUG USE AND CLINICAL OUTCOMES IN PREECLAMPSIA PATIENTS AT BAGAS WARAS REGIONAL HOSPITAL, KLATEN

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## ABSTRACT

**Background:** Preeclampsia is a pregnancy complication with high risks of maternal and fetal morbidity and mortality. Management typically includes antihypertensive drugs to control blood pressure and prevent complications. Rational drug use is essential to ensure treatment effectiveness and minimize adverse effects.

**Objective:** To analyze the relationship between the rational use of antihypertensive drugs and clinical outcomes in preeclampsia patients at Bagas Waras Regional Hospital, Klaten.

**Method:** This was a retrospective, non-experimental analytic study using medical records of preeclampsia patients from October 2023 to May 2025. A total of 80 samples were selected based on the Slovin formula and inclusion criteria. Rationality was evaluated based on the Drug Information Handbook (23rd Edition) and American Heart Association (2022). Univariate analysis described patient characteristics, drug profiles, and rationality, while bivariate analysis (Chi-Square test) assessed the association with clinical outcomes.

**Result:** Most patients were aged 26–35 years (43.75%), in the third trimester (100%), and multigravida (72.50%), with 71.25% having no comorbidities. Monotherapy was dominant (62.50%), especially nifedipine (38.75%). Rationality evaluation showed 100% on appropriate patient, indication, and drug, while 97.50% on appropriate dosage. Rational therapy was found in 97.50% of patients. Chi-Square test showed a significant association between rational drug use and clinical outcomes ( $p$ -value=0.001).

**Kesimpulan:** There is a significant relationship between the rational use of antihypertensive drugs and clinical outcomes in preeclampsia patients.

**Keywords:** Antihypertensive, Preeclampsia, Association, Rationality, Clinical Outcome.

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