

KAJIAN KATEGORI RASIONALITAS PENGGUNAAN ANTIHIPERTENSI PADA PASIEN GERIATRI DI PUSKESMAS MLATI II

Mamay Muawanah¹, Novia Ariani Dewi², Sugiyono²

INTISARI

Latar Belakang: Hipertensi merupakan penyakit yang berkontribusi terhadap angka kematian. Prevalensinya terus meningkat secara global maupun nasional, terutama pada kelompok geriatri yang mengalami penurunan fungsi organ sehingga memerlukan penanganan terapi yang lebih hati-hati. Penggunaan obat antihipertensi pada pasien geriatri memerlukan pertimbangan khusus untuk memastikan rasionalitas terapi demi menghindari komplikasi dan efek samping. Puskesmas Mlati II tercatat sebagai fasilitas dengan jumlah kasus hipertensi tertinggi di Kabupaten Sleman pada tahun 2024, sehingga perlu dilakukan kajian kategori rasionalitas penggunaan obat antihipertensi.

Tujuan Penelitian: Mengkaji rasionalitas penggunaan antihipertensi pada pasien geriatri di Puskesmas Mlati II.

Metode Penelitian: Penelitian ini menggunakan desain deskriptif observasional dengan pendekatan retrospektif. Penelitian dilakukan di Puskesmas Mlati II menggunakan sampel periode Januari-Desember 2024. Subjek dalam penelitian ini diperoleh sebanyak 109 pasien dan memenuhi kriteria inklusi dan eksklusi. Data yang diperoleh dianalisis secara univariat dan disajikan dalam bentuk jumlah dan persentase untuk menggambarkan karakteristik pasien, karakteristik terapi, dan kajian kategori rasionalitas penggunaan antihipertensi.

Hasil Penelitian: Karakteristik kriteria pasien hipertensi pada penelitian ini yang paling banyak yaitu usia 60-74 tahun (83,49%), dengan jenis kelamin perempuan (66,06%), dengan penyakit penyerta hiperkolesterol (38,75%). Karakteristik terapi yang paling banyak digunakan adalah terapi tunggal (68,81%), jenis obat amlodipin (66,44%), dan golongan obat CCB (66,44%). Kategori rasionalitas penggunaan antihipertensi berdasarkan tepat pasien (100%), tepat obat (88,99%), tepat indikasi (100%), tepat dosis (100%), dan tepat interval waktu pemberian (96,33%).

Kesimpulan: Rasionalitas penggunaan antihipertensi pada pasien geriatri di Puskesmas Mlati II ditemukan belum rasional pada kategori tepat obat dan tepat interval waktu pemberian.

Kata kunci: Geriatri, Hipertensi, Rasionalitas

¹Mahasiswa Farmasi Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Farmasi Universitas Jenderal Achmad Yani Yogyakarta

A STUDY ON THE RATIONALITY CATEGORIES OF ANTIHYPERTENSIVE DRUG USE IN GERIATRIC PATIENTS AT MLATI II PUBLIC HEALTH CENTER

Mamay Muawanah¹, Novia Ariani Dewi², Sugiyono²

ABSTRACT

Background: Hypertension is a disease that significantly contributes to global mortality rates. Its prevalence continues to rise both globally and nationally, particularly among the geriatric population, who experience a decline in organ function and therefore require more cautious therapeutic management. The use of antihypertensive drugs in geriatric patients necessitates special considerations to ensure the rationality of therapy, in order to prevent complications and adverse effects. Puskesmas Mlati II was recorded as the primary healthcare facility with the highest number of hypertension cases in Sleman Regency in 2024. Therefore, it is necessary to conduct an assessment of the rationality categories in the use of antihypertensive drugs.

Objective: To evaluate the rational use of antihypertensive drugs in geriatric patients at Mlati II Public Health Center.

Method: This study employed a descriptive observational design with a retrospective approach. The research was conducted at Mlati II Public Health Center using samples from the January-December 2024 period. A total of 109 patients who met the inclusion and exclusion criteria were included as subjects in this study. The data were analyzed using univariate analysis and presented in the form of frequencies and percentages to describe patient characteristics, therapy characteristics, and to assess the rationality category of antihypertensive drug use.

Result: The most common characteristics of hypertensive patients were those aged 60-74 years (83,49%), female (66,06%), and having comorbid hypercholesterolemia (38,75%). The most frequently used therapy was monotherapy (68,81%), with amlodipine as the most prescribed drug (66,44%), predominantly from the calcium channel blocker (CCB) class (66,44%). The rationality of antihypertensive use was assessed based on the right patient (100%), right drug (88,99%), right indication (100%), right dose (100%), and appropriate dosing interval (96,33%).

Conclusion: The rationality of antihypertensive use in geriatric patients at Mlati II Public Health Center was found to be irrational in the categories of appropriate drug selection and appropriate dosing interval.

Keywords: Geriatrics, Hypertension, Rationality

¹Pharmacy Student of Jenderal Achmad Yani University Yogyakarta

²Pharmacy Lecturer of Jenderal Achmad Yani University Yogyakarta