

ANALISIS HUBUNGAN POLIFARMASI DENGAN POTENSI INTERAKSI OBAT PADA PASIEN DISLIPIDEMIA RAWAT JALAN DI RUMAH SAKIT PKU MUHAMMADIYAH GAMPING

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INTISARI

Latar Belakang: Dislipidemia merupakan kelainan metabolisme lipid yang dapat meningkatkan risiko penyakit kardiovaskular, seperti jantung koroner dan stroke. Pengelolaan dislipidemia seringkali melibatkan penggunaan beberapa jenis obat secara bersamaan (polifarmasi), terutama jika pasien memiliki penyakit penyerta. Polifarmasi meningkatkan risiko terjadinya interaksi obat yang berpotensi menurunkan efektivitas terapi atau menimbulkan efek samping, oleh karena itu penting untuk menganalisis hubungan antara polifarmasi dengan potensi interaksi obat, khususnya pada pasien dislipidemia rawat jalan.

Tujuan Penelitian: Menganalisis hubungan antara polifarmasi dengan potensi interaksi obat pada pasien dislipidemia rawat jalan di Rumah Sakit PKU Muhammadiyah Gamping.

Metode Penelitian: Desain penelitian ini adalah observasional analitik dengan pendekatan retrospektif. Data dikumpulkan dari rekam medis pasien rawat jalan yang menerima terapi antidislipidemia di RS PKU Muhammadiyah Gamping selama Januari–Desember 2024. Pengambilan sampel dilakukan secara *purposive sampling* dan diperoleh 92 sampel. Analisis univariat digunakan untuk menggambarkan karakteristik pasien, pengobatan pasien, dan potensi interaksi obat. Analisis bivariat digunakan untuk mengidentifikasi hubungan antara polifarmasi dan potensi interaksi obat.

Hasil Penelitian: Pasien dislipidemia mayoritas berusia 55-64 tahun (32,61%), berjenis kelamin laki-laki (51,09%), dan memiliki penyakit penyerta/komplikasi (91,30%). Pasien yang berpotensi mengalami interaksi obat sebesar 63,04%, di mana mayoritas pasien berpotensi mengalami interaksi obat dengan tingkat keparahan *moderate* (62,22%), dan mekanisme interaksi obat farmakokinetik (63,33%). Pasien mendapatkan terapi polifarmasi *major* (≥ 5 obat) dan *minor* (2-4 obat), masing-masing sebesar 50%. Hasil uji *chi-square* antara polifarmasi dengan potensi interaksi obat didapatkan *p-value*=0,002.

Kesimpulan: Terdapat hubungan antara polifarmasi dengan potensi interaksi obat pada pasien dislipidemia rawat jalan di RS PKU Muhammadiyah Gamping.

Kata Kunci: Dislipidemia, Interaksi obat, Polifarmasi.

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ANALYSIS OF RELATIONSHIP BETWEEN POLYPHARMACY AND POTENTIAL DRUG INTERACTIONS IN OUTPATIENTS WITH DYSLIPIDEMIA AT PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background: Dyslipidemia is a lipid metabolism disorder that can increase the risk of cardiovascular diseases such as coronary heart disease and stroke. Managing dyslipidemia often involves the simultaneous use of multiple medications (polypharmacy), especially in patients with comorbidities. Polypharmacy increases the risk of potential drug interactions that can decrease therapeutic effectiveness or cause side effects. Therefore, it is important to analyze the relationship between polypharmacy and the potential for drug interactions, particularly in outpatient dyslipidemia patients..

Objective: Analyze the relationship between polypharmacy and the potential for drug interactions among outpatient dyslipidemia patients at PKU Muhammadiyah Gamping Hospital.

Method: This study employed an observational analytic design with a retrospective approach. Data were collected from the medical records of outpatients receiving antidyslipidemic therapy at PKU Muhammadiyah Gamping Hospital during the period of January to December 2024. Samples were selected using purposive sampling, resulting in 92 samples. Univariate analysis was used to describe patient characteristics, treatments, and potential drug interactions. Bivariate analysis was conducted to identify the relationship between polypharmacy and potential drug interactions.

Result: The majority of dyslipidemia patients were aged 55–64 years (32.61%), male (51.09%), and had comorbidities or complications (91.30%). Patients who are at potential risk for drug interactions amount to 63.04%, where the majority of patients are at potential risk for drug interactions with a moderate severity level (62.22%) and pharmacokinetic interaction mechanisms (63.33%). Patients received either major polypharmacy therapy (≥ 5 drugs) or minor polypharmacy therapy (2–4 drugs), each accounting for 50%. The chi-square test between polypharmacy and the potential for drug interactions yielded a p-value of 0.002.

Conclusion: There is a relationship between polypharmacy and the potential for drug interactions among outpatient dyslipidemia patients at PKU Muhammadiyah Gamping Hospital.

Keywords: Drug interaction, Dyslipidemia, Polypharmacy.

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