

ABSTRAK

Latar Belakang. Prevalensi hipertensi global mencapai 1,28 miliar penderita, dengan 10,44 juta kematian per tahun akibat hipertensi dan komplikasinya. Di Indonesia, angka kejadian hipertensi meningkat dari 26,3% menjadi 35,1% (2020). Di Kota Jambi, hipertensi menduduki peringkat tertinggi dalam sepuluh besar penyakit, dengan 15.112 kasus, 23,4% di antaranya terkontrol dan 76,6% tidak terkontrol (Dinkes Provinsi Jambi, 2022).

Metode. Penelitian ini menggunakan desain *cross-sectional* dengan data retrospektif dari rekam medis pasien hipertensi rawat jalan di Puskesmas Simpang IV Sipin (Januari–Desember 2023). Data dianalisis menggunakan Microsoft Excel dan SPSS. Teknik sampling yang digunakan adalah *consecutive sampling*.

Hasil. Analisis uji bivariat menunjukkan variabel usia ($p=0,000$), komorbiditas ($p=0,000$), dan pekerjaan ($p=0,039$) memiliki berhubungan bermakna dengan tingkat keparahan interaksi obat. Sedangkan tidak ditemukan hubungan bermakna untuk jenis kelamin ($p = 0,082$), meskipun laki-laki tampak sedikit lebih berisiko ($OR = 1,935$). Dosis dan frekuensi obat seragam (optimal), sehingga tidak dianalisis. Sebagian besar interaksi obat yang ditemukan termasuk kategori moderat (65,5%) dan minor (27,6%), sedangkan interaksi mayor hanya 6,9%. Polifarmasi ditemukan pada 71,3% pasien, dengan kombinasi antihipertensi dan obat untuk komorbiditas sebagai penyebab utama terjadinya interaksi obat.

Kesimpulan. Interaksi obat pada pasien hipertensi di Puskesmas Simpang IV Sipin 2023 umumnya kategori moderat-minor. Usia lanjut, komorbiditas, dan jenis pekerjaan berkontribusi pada peningkatan risiko interaksi obat mayor. Diperlukan pemantauan rasional terapi antihipertensi, terutama pada pasien usia lanjut dengan komorbiditas kompleks, untuk mencegah interaksi yang berpotensi membahayakan.

Kata kunci : Hipertensi, Interaksi obat, Komplikasi, Puskesmas, Rawat jalan

ABSTRACT

Background. The global prevalence of hypertension has reached 1.28 billion people, with 10.44 million deaths annually due to hypertension and its complications. In Indonesia, the prevalence increased from 26.3% to 35.1% in 2020. In Jambi City, hypertension ranks first among the top ten diseases, with 15,112 cases reported, of which 23.4% were controlled and 76.6% were uncontrolled (Jambi Provincial Health Office, 2022).

Method. This cross-sectional study utilized retrospective data from outpatient medical records of hypertensive patients at Simpang IV Sipin Public Health Center (January–December 2023). Data were analyzed using Microsoft Excel and SPSS. A consecutive sampling technique was employed.

Results. Bivariate test analysis showed that age variables ($p=0.000$), comorbidity ($p=0.000$), and occupation ($p=0.039$) were significantly related to the severity of drug interactions. While no significant relationship was found for gender ($p=0.082$), although men appeared to be slightly more at risk ($OR=1.935$). The dose and frequency of the drug were uniform (optimal), so they were not analyzed. Most drug interactions identified were moderate (65.5%) and minor (27.6%), while major interactions accounted for only 6.9%. Polypharmacy was found in 71.3% of patients, with combinations of antihypertensive and comorbidity drugs being the main cause of drug interactions.

Conclusion. Drug interactions in hypertensive patients at Simpang IV Sipin Public Health Center in 2023 were mostly moderate-minor. Advanced age, comorbidities, and occupation contributed to an increased risk of major drug interactions. Rational monitoring of antihypertensive therapy is essential, particularly for elderly patients with complex comorbidities, to prevent potentially harmful interactions.

Keywords : Hypertension, Drug interactions, Complications, Public Health Center, Outpatient