

ABSTRAK

Latar Belakang. Penyakit hipertensi menjadi masalah kesehatan yang signifikan di Indonesia, termasuk di Kota Jambi dengan prevalensi yang semakin meningkat. Penggunaan obat antihipertensi yang tidak tepat dapat menyebabkan toksisitas, kegagalan terapi pengobatan, biaya pengobatan tinggi, komplikasi hingga kematian, serta menghambat mutu pelayanan kesehatan. Karenanya, penting untuk menilai sejauh mana terapi antihipertensi yang diberikan sesuai dengan pedoman.

Metode. Penelitian observasional dengan rancangan *cross-sectional* dan pengambilan data retrospektif. Data sekunder adalah data rekam medis pasien hipertensi di Puskesmas Simpang IV Sipin periode Januari-Desember 2024. Teknik pengambilan sampel yaitu *consecutive sampling* dan dihitung menggunakan rumus lameshow.

Hasil. Pasien hipertensi di Puskesmas Simpang IV Sipin perempuan (55,0%), berusia lansia (71,4%), BPJS (100%), dan tanpa komorbid (52,1%). Komorbid penyakit jantung koroner (35,8%) dan hipertensi derajat 2 (45,6%). Evaluasi kerasionalan penggunaan obat antihipertensi menunjukkan 100% pasien mendapat terapi yang tepat berdasarkan semua kriteria yang dievaluasi yaitu tepat diagnosis, tepat indikasi, tepat pasien, tepat obat, tepat dosis, tepat cara pemberian, tepat interval waktu, tepat informasi, tepat penyerahan obat, tepat lama pengobatan

Kesimpulan. Pasien hipertensi di Puskesmas Simpang IV Sipin didominasi perempuan, lansia, pengguna BPJS, pasien tanpa komorbid, pasien dengan penyakit jantung koroner dan pasien hipertensi tahap 2. Evaluasi menunjukkan 100% tepat berdasarkan semua kriteria yang dievaluasi.

Kata kunci : Antihipertensi, Hipertensi, Rasionalitas obat

ABSTRACT

Background: Hypertension is a significant public health problem in Indonesia, including in Jambi City, with a rising prevalence. Inappropriate use of antihypertensive drugs can lead to toxicity, therapeutic failure, high treatment costs, complications, and even death, as well as hinder the quality of healthcare services. Therefore, it is essential to assess the extent to which antihypertensive therapy aligns with clinical guidelines.

Methods: This study was an observational study with a cross-sectional design and retrospective data collection. Secondary data were obtained from the medical records of hypertensive patients at Simpang IV Sipin Public Health Center from January to December 2024. Sampling was conducted using consecutive sampling and the sample size was calculated using the Lemeshow formula.

Results: Most hypertensive patients at Simpang IV Sipin Public Health Center were female (55.0%), elderly (71.4%), covered by the national health insurance (BPJS) (100%), and without comorbidities (52.1%). The most common comorbidity was coronary heart disease (35.8%), and the most prevalent hypertension stage was stage 2 (45.6%). The evaluation of the rationality of antihypertensive drug use showed that 100% of patients received appropriate therapy based on all evaluated criteria: accurate diagnosis, correct indication, appropriate patient, appropriate drug, correct dosage, proper route of administration, correct dosing interval, adequate information, proper drug dispensing, and appropriate duration of therapy.

Conclusion: Hypertensive patients at Simpang IV Sipin Public Health Center were predominantly female, elderly, BPJS users, without comorbidities, with coronary heart disease, and stage 2 hypertension. The evaluation showed that 100% of antihypertensive therapies were appropriate according to all assessed criteria.

Keywords: Antihypertensive, Hypertension, Drug rationality