

Universitas Ngudi Waluyo Ungaran
Program Studi Farmasi, Fakultas Kesehatan
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Dyah Dwi Sulistianti
050115A023

ANALISIS RASIONALITAS PENGGUNAAN OBAT ANTIHIPERTENSI DI PUSKESMAS BERDASARKAN KATEGORI TEPAT OBAT DAN TEPAT DOSIS

INTISARI

Latar Belakang : Hipertensi didefinisikan tekanan yang melebihi atau sama dengan 140/90 mmHg menurut Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure (JNC). Penelitian ini bertujuan untuk menganalisis penggunaan obat antihipertensi di puskesmas berdasarkan kategori ketepatan obat dan ketepatan dosis.

Metode : Metode yang digunakan adalah literature review menggunakan observasional, software Microsoft excel, retrospective, dan deskriptif

Hasil : Kriteria pasien yang mendapat antihipertensi adalah di puskesmas sempaja prehipertensi (12,5%), hipertensi stage 1 (34,4%), hipertensi stage 2 (53,1%), tunggal (87,5%), kombinasi (12,5%). Puskesmas pelambuan normal (1 orang), prehipertensi (3 orang), hipertensi stage 1 (18 orang), hipertensi stage 2 (15 orang). Puskesmas kopang hipertensi komplikasi DM (85%), hipertensi komplikasi jantung (10%), hipertensi komplikasi stroke (6%). Puskesmas Siantan hilir prehipertensi (0), hipertensi stage 1 (46,74%), hipertensi stage 2 (53,26%), tunggal (72,83%), kombinasi (27,17%). Puskesmas panjang laki – laki (48%), perempuan (52,0%), hipertensi serangan jantung (73,5%), hipertensi gagal jantung (82%), hipertensi stroke (26,5%), hipertensi gagal ginjal (45,5%). Kriteria antihipertensi terbanyak adalah golongan ACEI dan golongan CCB. Ketepatan berdasarkan tepat obat dan tepat dosis adalah puskesmas sempaja tepat obat (34,38%), tidak tepat (65,62%) prehipertensi sudah diberikan obat, hipertensi stage 1 diberikan kombinasi. Puskesmas pelambuan tepat obat (48,65%), tidak tepat (51,35%), tepat dosis (45,95%), tidak tepat dosis (54,05%). Puskesmas kopang tepat obat (100%), tepat dosis (100%). Puskesmas siantan hilir tepat obat (70,7%), tidak tepat (29,3%) hipertensi stage 2, hanya mendapat terapi tunggal, tepat dosis (98,91%), tidak tepat dosis (1,09%). Puskesmas panjang tepat dosis (89,8%), tidak tepat dosis (10,2%).

Kesimpulan : Obat yang paling banyak di gunakan di puskesmas adalah golongan ACEI jenis obatnya captopril dan golongan CCB jenis obatnya amlodipine. Penggunaan obat antihipertensi kurang rasional jika dilihat dari indicator ketepatan durasinya.

Kata Kunci : Antihipertensi, Tepat Obat, Tepat Dosis, Kerasionalan.

Ngudi Waluyo Ungaran University
Pharmacy Study Program, Faculty of Health
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Dyah Dwi Sulistianti
050115A023

RATIONALITY ANALYSIS OF THE USE OF ANTIHYPERTENSION MEDICINES IN PUSKESMAS BASED ON APPROPRIATE AND CORRECT DOSAGE CATEGORIES

ABSTRACT

Background: Hypertension is defined as a pressure that exceeds or is equal to 140/90 mmHg according to the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure (JNC). This study aims to analyze the use of antihypertensive drugs in public health centers based on the category of drug accuracy and dose accuracy.

Methods: The method used was literature review using observational, Microsoft Excel software, retrospective, and descriptive

Results: The criteria for patients who received antihypertension were at the health center sempaja prehypertension (12.5%), hypertension stage 1 (34.4%), hypertension stage 2 (53.1%), single (87.5%), combination (12 , 5%). Puskesmas pelambuan normal (1 person), prehypertension (3 people), hypertension stage 1 (18 people), hypertension stage 2 (15 people). Puskesmas Kopang hypertension with diabetes complications (85%), hypertension with heart complications (10%), hypertension with stroke complications (6%). Siantan Puskesmas downstream of prehypertension (0), hypertension stage 1 (46.74%), hypertension stage 2 (53.26%), single (72.83%), combination (27.17%). Long health center for men (48%), women (52.0%), hypertension heart attack (73.5%), hypertension heart failure (82%), stroke hypertension (26.5%), hypertension, kidney failure (45 , 5%). The most antihypertensive criteria are the ACEI group and the CCB group. The accuracy based on the right drug and the right dose is the health center with the right drug (34.38%), not right (65.62%) prehypertension has been given drugs, stage 1 hypertension is given a combination. Puskesmas pelambuan has right medicine (48.65%), not right (51.35%), right dose (45.95%), not right dose (54.05%). Kopang Puskesmas has the right medicine (100%), the right dose (100%). Siantan Puskesmas right downstream of drugs (70.7%), inappropriate (29.3%) stage 2 hypertension, only received single therapy, correct

dose (98.91%), incorrect dose (1.09%). Puskesmas had the right dose (89.8%), not the right dose (10.2%).

Conclusion: The most widely used drugs in health centers are the ACEI class, the type of drug is captopril and the CCB class, the type of the drug is amlodipine. The use of antihypertensive drugs is less rational when viewed from the indicator of accuracy of duration.

Keywords: Antihypertensive, Right Drug, Right Dosage, Rational.