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POLA PENGGUNAAN OBAT ANTI HIPERTENSI PADA PASIEN PROLANIS DI KLINIK GRACIA UNGARAN PERIODE JANUARI-MEI 2022

ABSTRAK

Latar Belakang: Klinik Gracia merupakan klinik swasta di Kabupaten Semarang yang melayani prolanis pasien hipertensi cukup banyak sehingga perlu dilakukan penelitian tentang karakteristik pasien dan penggunaan obat hipertensi berdasarkan golongan dan jenis obatnya. Penelitian ini bertujuan untuk memberikan gambaran penggunaan obat antihipertensi pada pasien prolanis di Klinik Gracia Ungaran periode Januari-Mei 2022 dan mengevaluasi pola penggunaan obat antihipertensi pada pasien prolanis Klinik Gracia Ungaran periode Januari-Mei 2022 berdasarkan golongan obat, nama obat pada terapi kombinasi maupun non kombinasi.

Metode: Penelitian ini bersifat non eksperimental dengan rancangan analisis yang digunakan yaitu metode deskriptif dengan melihat data rekam medik pasien yang terdiagnosa hipertensi dan dihitung persentase berdasarkan golongan obat, nama obat, terapi kombinasi maupun non kombinasi dengan menggunakan analisis univariat menggunakan *SPSS*.

Hasil: Hasil penelitian yang sudah dilakukan menunjukkan bahwa penggunaan antihipertensi di Klinik Gracia Ungaran periode Januari-Mei 2022 sebagai berikut : Terapi tunggal 64,8%, terapi kombinasi 35,82%, golongan obat terapi tunggal ARB (19%), CCB (45%), untuk terapi kombinasi ARB + CCB (28%), CCB + Beta-blocker + ARB (3%), ARB + Beta-blocker (2%), CCB + ACEI (2%), diuretik + ARB + CCB (2%). Berdasarkan The eight Joint National Committee penggunaan Amlodipine sudah tepat karena obat tersebut adalah lini pertama hipertensi. Penggunaan obat kombinasi yang sering yaitu Amlodipin golongan *Calcium channel blockers* dan Candesartan golongan *Angiotensi n receptor blockers* sebesar 28%.

Kesimpulan: Berdasarkan hasil penelitian yang telah dilakukan antihipertensi tunggal yang paling banyak digunakan adalah amlodipin golongan Calcium chanel blocker (45%) dan kombinasi terbanyak adalah candesartan dengan amlodipin golongan ARB dan CCB (28%)

Kata Kunci: Pola penggunaan, antihipertensi, tunggal, kombinasi

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PATTERN OF USE OF ANTI HYPERTENSION DRUG IN PROLANIS PATIENTS AT GRACIA UNGARAN CLINIC FOR THE PERIOD OF JANUARY-MAY 2022

ABSTRACT

Conclusion: Based on the results of studies that have been carried out, the most widely used single antihypertensive agent is amlodipine in the Calcium channel blocker group (45%) and the most common combination is candesartan with amlodipine in the ARB and CCB groups (28%) Background: Gracia Clinic is a private clinic in Semarang Regency which serves quite a lot of hypertension patients' prolanis so it is necessary to do research on patient characteristics and the use of hypertension drugs based on the class and type of drug. This study aims to provide an overview of the use of antihypertensive drugs in prolanist patients at the Gracia Ungaran Clinic for the period January-May 2022 and evaluate patterns of antihypertensive drug use in prolanist patients at the Gracia Ungaran Clinic for the period January-May 2022 based on drug class, drug name in combination and non-combination therapy.

Methods: This research is non-experimental in nature with the analytical design used, namely the descriptive method by looking at the medical record data of patients diagnosed with hypertension and calculating the percentage based on drug class, drug name, combination and non-combination therapy using univariate analysis using SPSS.

Results: The results of the research that has been done show that the use of antihypertensives at the Gracia Ungaran Clinic for the period January-May 2022 is as follows: Single therapy 64.8%, combination therapy 35.82%, ARB single therapy drug class (19%), CCB (45 %), for combination therapy ARB + CCB (28%), CCB + Beta-blocker + ARB (3%), ARB + Beta-blocker (2%), CCB + ACEI (2%), diuretic + ARB + CCB (2%). According to The Eight Joint National Committee, the use of Amlodipine is appropriate because this drug is the first line of hypertension. The frequent use of combination drugs, namely Amlodipine, Calcium channel blockers and Candesartan, Angiotensin receptor blockers, was 28%.

Conclusion: Based on the results of studies that have been carried out, the most widely used single antihypertensive is amlodipine in the Calcium channel blocker group (45%) and the most common combination is candesartan with amlodipine ARB and CCB group (28%)

Keywords: Pattern of use, antihypertensive, single, combination