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**RASIONALITAS PENGGUNAAN ANTIHIPERTENSI
PADA PASIEN HIPERTENSI DI UNIT RAWAT JALAN
RST BHAKTI WIRA TAMTAMA SEMARANG**

ABSTRAK

Latar belakang: Hipertensi merupakan penyakit kronis yang berisiko menimbulkan komplikasi serius jika tidak ditangani dengan tepat. Pemilihan obat antihipertensi yang rasional sangat penting untuk mencapai kontrol tekanan darah yang optimal dan mencegah efek samping. Penelitian ini bertujuan untuk mengevaluasi ketepatan penggunaan antihipertensi pada pasien rawat jalan di RST Bhakti Wira Tamtama Semarang selama Januari–Desember 2024.

Metode: Penelitian menggunakan desain deskriptif dengan pengambilan data secara retrospektif berdasarkan data rekam medis. Sampel diambil dengan menggunakan *purposive sampling* dan diperoleh 100 pasien yang memenuhi kriteria inklusi. Evaluasi rasionalitas meliputi aspek ketepatan pasien, indikasi, obat, dan dosis berdasarkan Pedoman Tatalaksana Hipertensi Dewasa Kemenkes 2021.

Hasil: Hasil penelitian menunjukkan ketepatan pasien dan indikasi sebesar 100% (100 pasien tepat), ketepatan obat sebesar 67% (67 pasien tepat dan 33 pasien tidak tepat), serta ketepatan dosis sebesar 100% (67 pasien tepat). Golongan terbanyak adalah Calcium Channel Blocker (CCB) 32%, dengan amlodipin sebagai obat paling sering digunakan (42%).

Kesimpulan: Kesimpulan dari penelitian ini adalah sebagian besar terapi pasien rawat jalan di RST Bhakti Wira Tamtama Semarang selama Januari–Desember 2024 sudah rasional.

Kata Kunci: Hipertensi, Rasionalitas, Antihipertensi, Terapi, Evaluasi

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RATIONALE FOR ANTIHYPERTENSIVE USE IN HYPERTENSIVE PATIENTS IN THE OUTPATIENT UNIT OF BHAKTI WIRA TAMTAMA HOSPITAL, SEMARANG

ABSTRACT

Background: Hypertension is a chronic disease that carries the risk of serious complications if not properly managed. Rational selection of antihypertensive medications is crucial for achieving optimal blood pressure control and preventing side effects. This study aimed to determine the usage patterns and evaluate the appropriateness of antihypertensive therapy in outpatients at the Bhakti Wira Tamtama Hospital in Semarang during January–December 2024.

Method: The study used a descriptive design with retrospective data collection based on medical records. A purposive sampling method was used to select 100 patients who met the inclusion criteria. The rationality evaluation included aspects of patient suitability, indications, medications, and dosages based on the 2021 Ministry of Health Adult Hypertension Management Guidelines.

Results: The study showed 100% patient and indication appropriateness (100 patients were appropriate), 67% drug appropriateness (67 patients were appropriate and 33 patients were not), and 100% dose appropriateness (67 patients were appropriate). Calcium Channel Blockers (CCBs) were the most frequently used medication group (32%), with amlodipine being the most frequently used medication (42%).

Conclusion: This study concluded that the majority of outpatient therapy at Bhakti Wira Tamtama Hospital, Semarang, was rational during January–December 2024.

Kata Kunci: hypertension, rationality, antihypertensives, therapy, evaluation