

PERBANDINGAN PENINGKATAN KADAR KALIUM PASIEN LANSIA DENGAN HIPERTENSI YANG DITERAPI *ACE-I* DAN *ARB* DI RSUP FATMAWATI PADA TAHUN 2017-2019

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ABSTRAK

Hipertensi merupakan penyakit yang umum terjadi pada lansia akibat berbagai faktor. *ACE-I* dan *ARB* merupakan lini pertama antihipertensi berdasarkan pedoman *JNC-8*. Kedua antihipertensi tersebut memiliki efek samping berupa peningkatan kadar kalium, sedangkan lansia rentan terhadap gangguan keseimbangan elektrolit. Penelitian ini dilakukan untuk membandingkan peningkatan kadar kalium pasien lansia yang diterapi *ACE-I* dan *ARB*. Penelitian ini bersifat analitik observasional dengan desain *cross-sectional*. Sampel penelitian adalah data rekam medis yang berjumlah 72 sampel. Pasien yang menggunakan antihipertensi *ARB* sebesar 39 sampel dan *ACE-I* sebesar 33 sampel. Penelitian ini dilakukan di RSUP Fatmawati. Teknik pengambilan sampel secara *consecutive sampling*. Kadar kalium pasien lansia dengan hipertensi yang menggunakan antihipertensi *ACE-I* mengalami kenaikan rata – rata sebesar 0,49 mmol/L dan *ARB* 0,46 mmol/L dari kadar kalium awal. Hasil uji T tidak berpasangan menunjukkan bahwa tidak terdapat perbedaan yang bermakna antara peningkatan kadar kalium pada lansia ($p\ value = 0,716$). Kesimpulan pada penelitian ini, yaitu tidak terdapat perbedaan yang bermakna antara peningkatan kadar kalium pasien lansia dengan hipertensi yang diterapi *ACE-I* dan *ARB* di RSUP Fatmawati pada Tahun 2017 – 2019.

Kata kunci: *ACE-I*, *ARB*, Hipertensi, Kadar Kalium dan Lansia

COMPARISON BETWEEN THE INCREASE IN POTASSIUM LEVELS OF ELDERLY PATIENTS WITH HYPERTENSION TREATED BY *ACE-I* AND *ARB* ANTIHYPERTENSIVES AT FATMAWATI GENERAL HOSPITAL IN 2017-2019

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ABSTRACT

Hypertension is a common disease in the elderly due to various factors. ACE-I and ARB are the first line antihypertensives treatment based on JNC-8 guidelines. Both of these antihypertensives have side effects in the form of increased blood potassium levels, all while the elderly is susceptible to impaired electrolyte balance. The purpose of this study was to compare the increase in potassium levels in elderly patients treated with ACE-I and ARB. This research was an analytic observational study with cross-sectional design, conducted at Fatmawati General Hospital. The sample was the medical record data of 72 elderly patients aged 60-82 years. There were 39 patients taking ARB antihypertensive and 33 people taking ACE-I. The sampling technique used was consecutive sampling method. Potassium levels in the elderly who had been using ACE-I antihypertensive increased by an average of 0.49 mmol / L while those who had been using ARB increased by an average of 0.46 mmol / L from the initial potassium level. The independent T-test results showed that there was no significant difference in the increase in potassium levels between the use of both antihypertensives (p value = 0.716) in elderly patients with hypertension who were treated with ACE-I and ARB in Fatmawati General Hospital in 2017 - 2019.

Keywords: *ACE-I*, *ARB*, elderly, hypertension, and potassium level