

**HUBUNGAN RASIONALITAS PENGGUNAAN ANTIHIPERTENSI
TERHADAP EFEKTIVITAS TERAPI HIPERTENSI PADA USIA
PRODUKTIF DI INSTALASI RAWAT JALAN RSUD DR. SOEKARDJO
TASIKMALAYA**

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Abstrak

Hipertensi masih menjadi masalah kesehatan besar yang diperkirakan diderita 22% populasi di dunia. Prevalensi hipertensi di Indonesia pada tahun 2018 meningkat 8,3% sejak tahun 2013. Permasalahan kesehatan di Indonesia tidak hanya diderita oleh lansia. Perubahan gaya hidup dan tumbuh kembang berkontribusi dalam peningkatan risiko kesehatan khususnya hipertensi yang menyerang sejak usia produktif. Pengobatan hipertensi dilakukan seumur hidup sehingga diperlukan pengobatan yang rasional sesuai kebutuhan pasien supaya efektivitas terapi dapat diperoleh. Penelitian ini bertujuan untuk mengetahui hubungan rasionalitas penggunaan antihipertensi terhadap efektivitas terapi pada usia produktif di instalasi rawat jalan RSUD dr. Soekardjo Tasikmalaya. Penelitian ini dilakukan secara analitik observasional menggunakan desain *cross sectional* dan teknik *total sampling*. Populasi penelitian ini adalah seluruh pasien yang didiagnosis hipertensi. Analisis rasionalitas pengobatan dilihat dari indikator tepat indikasi, tepat pasien, tepat obat, dan tepat dosis. Sedangkan efektivitas terapi dilihat dari tercapainya target terapi dalam 3 bulan. Sampel yang digunakan dan sesuai dengan kriteria inklusi dan eksklusi berjumlah 30 orang. Pasien dikatakan mendapat pengobatan rasional jika memenuhi kriteria tepat indikasi, tepat pasien, tepat obat dan tepat dosis. Hasil Penilaian rasionalitas pengobatan terdiri dari tepat indikasi 100%, tepat pasien 96,7%, tepat obat 53,3%, dan tepat dosis 100%. Jumlah sampel yang masuk kriteria mendapat pengobatan rasional adalah sebanyak 15 pasien (50%). Sementara efektivitas terapi dicapai oleh 19 pasien (63,3%). Hasil analisis *chi-square* menunjukkan nilai $p=0,008$ ($p<0,05$). Kesimpulan dari penelitian ini adalah terdapat hubungan yang signifikan antara rasionalitas penggunaan antihipertensi terhadap efektivitas terapi pasien hipertensi.

Kata kunci: hipertensi, rasionalitas antihipertensi, pengobatan, efektivitas terapi

**THE RELATIONSHIP BETWEEN THE RATIONALITY OF
ANTIHYPERTENSIVE USE AND THE EFFECTIVENESS OF THERAPY
IN PRODUCTIVE AGE AT THE OUTPATIENT INSTALLATION AT
RSUD DR. SOEKARDJO TASIKMALAYA**

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Abstract

Hypertension is still a major health problem which is estimated to affect 22% of the world's population. On 2018 the prevalence in Indonesia increased by 8.3% since 2013. Health problems in Indonesia are not only affect the elderly. Changes in lifestyle and growth and development contribute to increasing health risks; especially, hypertension which attacks from a productive age. Furthermore, treatment of hypertension is conducted for life so that rational treatment is needed based on the needs of the patient so that the effectiveness of therapy can be obtained. The aim of this study is that to determine the relationship between the rationality of antihypertensive use and the effectiveness of therapy in productive age at the outpatient installation at RSUD dr. Soekardjo Tasikmalaya. Moreover, this study was conducted by observational analytic method using cross sectional design and total sampling technique. In addition, the populations of this study were all patients diagnosed with hypertension. The analysis of the rationality of drug utilization was seen from the indicators of the right indication, the right patient, the right drug, and the right dose. Meanwhile, the effectiveness of therapy was seen from achieving the target of therapy within 3 months. Samples which met the inclusion and exclusion criteria were 30 people. Patients are said to receive rational treatment if they meet the criteria for the right indication, the right patient, the right drug and the right dose. The results evaluation of rationality of treatment show 100% right indication, 96.7% right patient, 53.3% right drug, and 100% right dose. The numbers of samples which meet the criteria for rationality of drug utilization are 15 patients (50%). Meanwhile, the effectiveness of therapy is achieved by 19 patients (63.3%). In addition, the results of the chi-square analysis shows a value of $p=0.008$ ($p<0.05$). The conclusion of this study is that there is a significant relationship between the rationality of using antihypertensive and the effectiveness of therapy for hypertensive patients.

Keywords: hypertension, drug utilization, rationality, effectiveness of therapy