

HUBUNGAN PENATALAKSANAAN HIPERTENSI TERHADAP PENURUNAN TEKANAN DARAH DAN PERBAIKAN DISFUNGSI DIASTOLIK PADA PASIEN HIPERTENSI DI RSPAD GATOT SOEBROTO PERIODE 2017

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Abstrak

Di Indonesia kejadian hipertensi menempati urutan ke-enam untuk penyakit tidak menular, dengan angka kejadian sebesar 25,8% pada usia ≥ 18 tahun. Sedangkan prevalensi disfungsi diastolik sekitar 20% - 30%. Jenis penelitian ini adalah analitik observasional dengan pendekatan *cross sectional* dan *retrospective*. Data penelitian ini diperoleh dari data rekam medik pasien poli jantung RSPAD. Sampel penelitian ini adalah semua pasien poli jantung dengan diagnosis hipertensi di RSPAD Gatot Soebroto periode 2017. Teknik pengambilan sampel pada penelitian ini adalah *consecutive sampling*, dengan jumlah sampel sebanyak 64. Distribusi usia sampel 65-69 tahun sebesar 37,5%. Penatalaksanaan terapi kombinasi sebanyak 73,4%, terapi tunggal sebanyak 26,6%. Sampel yang mengalami perbaikan disfungsi diastolik sebanyak 59,4%, dan sampel yang tidak mengalami perbaikan disfungsi diastolik sebanyak 40,6%. Sampel yang ditatalaksana menggunakan terapi kombinasi dan mengalami penurunan tekanan darah sebanyak 76,6%, dan sampel yang ditatalaksana dengan terapi tunggal mengalami penurunan tekanan darah sebanyak 41,2%. Hasil uji bivariat menggunakan uji *Chi-Square* didapatkan adanya hubungan signifikan antara penatalaksanaan hipertensi dengan penurunan tekanan darah dengan nilai ($p=0,008$), dan didapatkan adanya hubungan yang signifikan antara penatalaksanaan hipertensi dengan perbaikan disfungsi diastolik dengan nilai ($p=0,018$). Hasil analisis multivariat menunjukkan bahwa penatalaksanaan menggunakan dua obat lebih mempengaruhi penurunan tekanan darah ($OR=4,675$). Penatalaksanaan terapi kombinasi berhubungan dengan penurunan tekanan darah dan perbaikan disfungsi diastolik.

Kata Kunci: disfungsi diastolik, hipertensi, terapi kombinasi, terapi tunggal

**THE RELATION OF HYPERTENSION THERAPY ON
DECREASING BLOOD PRESSURE AND IMPROVEMENT OF
DIASTOLIC DYSFUNCTION ON HYPERTENSIVE
PATIENTS IN CENTRAL ARMY HOSPITAL GATOT
SOEBROTO PERIOD 2017**

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Abstract

In Indonesia, hypertension is in sixth rank of non-communicable diseases with the incidence rate of 25.8% in the population aged ≥ 18 . While the prevalence of diastolic dysfunction is about 20% - 30%. This observational study used cross sectional and retrospective approach. The research was carried out by observing secondary data from the medical records in RSPAD Gatot Soebroto between January-December 2017. The sample of this study were all patients in Cardiovascular Unit of RSPAD Gatot Soebroto that suffer from hypertension. The total subjects of this study were 64 respondents, chosen with consecutive sampling technique. The highest age group was 65-69 years old (37.5%). The total subjects who underwent double therapy were 73.8%, while those who underwent monotherapy were 26.6%. The subjects that experienced improvement of diastolic dysfunction were 59.4%, and those who didn't experience any improvement of diastolic dysfunction were 40.6%. The subjects that were administered using double therapy and had a decreased blood pressure were 76.6%, and those who underwent monotherapy that had a decreased blood pressure was 41.2%. The result of bivariate analysis using Chi-Square test showed that there was an association between management of hypertension with decrease of blood pressure (p-value = 0,008) and there was an association between the management of hypertension with diastolic progressivity (p-value = 0,018). The result of multivariate analysis showed that the most influential factors by management of double therapy was decrease in blood pressure (OR = 4,675). Management of double therapy is associated with decrease blood pressure and improved diastolic dysfunction.

Keywords: Diastolic Dysfunction, Double Therapy, Hypertension, Mono Therapy