

**FAKULTAS KEDOKTERAN  
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

**Tugas Akhir, Desember 2024**

**CALISTHA LATANIA FI ZIKRY, No. NRP 2110211050**

**EVALUASI RASIONALITAS PENGGUNAAN OBAT ANTIHIPERTENSI  
PADA PASIEN PENYAKIT GINJAL KRONIK DI RS BHAYANGKARA  
TK. I PUSDOKKES POLRI BULAN JANUARI-JUNI 2024**

RINCIAN HALAMAN (xi+68 halaman, 21 tabel, 3 bagan, 11 gambar, 6 lampiran)

**ABSTRAK**

**Tujuan**

Penyakit ginjal kronik atau PGK merupakan tantangan kesehatan global, termasuk di Indonesia. Hipertensi merupakan faktor risiko PGK serta penyebab perburukan PGK. Pengelolaan hipertensi pada pasien PGK diharapkan tekanan darah dapat terkontrol serta perburukan ginjal dan komplikasi dapat ditunda. Namun, penurunan fungsi ginjal pada pasien PGK mempengaruhi efektivitas dan keamanan obat antihipertensi. Beberapa penelitian terdahulu menyatakan bahwa rasionalitas penggunaan obat antihipertensi pada pasien PGK masih rendah. Tujuan penelitian ini adalah untuk mengetahui rasionalitas penggunaan obat antihipertensi pada pasien PGK.

**Metode**

Penelitian ini merupakan penelitian deskriptif observasional dengan desain *cross-sectional*. Responden merupakan pasien PGK yang dirawat inap di RS Bhayangkara Tk. I Puskokkes Polri selama periode Januari-Juni 2024 yang memenuhi kriteria penelitian, sebanyak 90 orang. Pengambilan data menggunakan data sekunder dari rekam medis responden. Rasionalitas pengobatan antihipertensi dinilai berdasarkan kriteria tepat indikasi, tepat pasien, tepat obat, dan tepat dosis.

**Hasil**

Hasil penelitian menyatakan 90 pasien tepat indikasi (100%), 73 pasien tepat pasien (81.11%), 88 pasien tepat obat (97.78%), dan 88 pasien tepat dosis (97.78%).

**Kesimpulan**

Penggunaan obat antihipertensi dinyatakan rasional pada 73 orang (81.11%).

**Daftar Pustaka** : 78 (2010-2025)

**Kata Kunci** : obat antihipertensi, pasien PGK, rasionalitas

**FACULTY OF MEDICINE  
UNIVERSITY PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

**Undergraduate Thesis, December 2024**

**CALISTHA LATANIA FI ZIKRY, No. NRP 2110211050**

**EVALUATION OF THE RATIONAL USE OF ANTIHYPERTENSIVE  
DRUGS IN PATIENTS WITH KIDNEY DISEASE AT BHAYANGKARA  
TK. I PUSDOKKES POLRI HOSPITAL IN JANUARI-JUNI 2024**

PAGE DETAIL (xi+68 pages, 21 tables, 3 charts, 11 pictures, 6 appendices)

***ABSTRACT***

***Objective***

*Chronic kidney disease (CK), is a significant global health challenge, including Indonesia. Hypertension is risk factor for CKD as well as cause of the progression of CKD. Management of hypertension in CKD patients is aimed to control blood pressure and prevent renal deterioration. However, the decline in kidney function affects the effectiveness and safety of antihypertensive drugs. Several studies have stated that the rational use of antihypertensive drugs in CKD patients is poor. The purpose of this study was to determine the rational use of antihypertensive drugs in CKD patients.*

***Method***

*This study is an observational descriptive study with cross-sectional design. Respondents were CKD patients hospitalized at Bhayangkara Tk. I Puskokkes Polri Hospital during January-June 2024 who fulfilled the study criteria, with a total of 90 people. Data collection used secondary data from respondents' medical records. The rationality of antihypertensive treatment determined according to the criteria of right indication, right patient, right drug, and right dose.*

***Result***

*The results stated that 90 patients had the right indication (100%), 73 patients had the right patient (81.11%), 88 patients had the right drug (97.78%), and 88 patients had the right dose (97.78%).*

***Conclusion***

*The use of antihypertensive drugs was considered rational in 73 people (81.11%).*

**Reference** : 78 (2010-2025)

**Keywords** : antihypertensive agent, CKD patient, rational