

INTISARI

Penyakit hipertensi merupakan salah satu masalah kesehatan yang penting, dan sering menimbulkan komplikasi seperti stroke, kelemahan jantung, penyakit jantung koroner, dan gangguan ginjal. Di Indonesia, menurut para ahli sekitar 10 % sampai 20 % pasien dari angka yang dikumpulkan dari berbagai daerah adalah penderita darah tinggi sehingga membutuhkan pengelolaan penyakit hipertensi yang baik untuk mencegah kematian. Pengelolaan penyakit terdiri dari pengaturan pola hidup sehat dan pengobatan yang rasional untuk memelihara kestabilan tekanan darah sehingga dapat meningkatkan kualitas hidup penderita hipertensi.

Penelitian ini bertujuan untuk mengetahui gambaran persebaran untuk pasien geriatri penderita hipertensi di Instalasi Rawat Inap Rumah Sakit Dr. Sardjito Yogyakarta Periode (September-November 2003). Penelitian ini termasuk jenis penelitian non eksperimental karena tidak ada intervensi atau manipulasi pada subyek uji dengan rancangan penelitian survei deskriptif non analitik Cara pengambilan data secara prospektif dengan menelusuri dokumen catatan medik pasien hipertensi usia lanjut periode September-November 2003. Data yang diambil dan dianalisis meliputi umur, jenis kelamin, diagnosis, lama perawatan, jenis obat yang digunakan pasien dan interaksi obat. Hasil penelitian disajikan dalam bentuk tabel.

Hasil penelitian menunjukkan terdapat 34 pasien geriatri dengan diagnosis hipertensi di Instalasi Rawat Inap Rumah Sakit Dr. Sardjito Yogyakarta Periode (September- November 2003), lebih dari setengahnya (64,71 %) adalah laki-laki dan sebagian besar pada kelompok umur 60-74 tahun (76,47 %). Sebagian besar pasien hipertensi usia lanjut menjalani rawat inap dengan diagnosis hipertensi tingkat satu (23,53 %) sehingga hampir semua pasien mendapatkan terapi antihipertensi (94,11 %) dengan mendapatkan antihipertensi tunggal terbanyak dari golongan ACE inhibitor (11,76 %) dengan jenis obat kaptopril; dari golongan antagonis Ca (11,76 %) dengan jenis obat yang paling banyak digunakan adalah amlodipin. Interaksi obat yang potensial terjadi pada usia lanjut yang didiagnosis hipertensi di Instalasi Rawat Inap Periode September-November 2003 sebanyak 51 kasus.

Kata kunci: hipertensi, geriatri, obat antihipertensi

ABSTRACT

Hypertension disease is one among the most important health problems which often causes a complication such as stroke, heart failure, coronary heart disease, and kidney disorder. The data from various regions in Indonesia, according to scientists, revealed that 10% to 20% of patients were people with hypertension; therefore, a good hypertension disease management was required to prevent death. Such a management consisted of health lifestyle maintenance and rational treatment to preserve stability of blood pressure in order to increase the quality of life of people with hypertension.

This study aimed to find out the prescription profiles of geriatric patients with hypertension who were hospitalized at Hospital Ward of Dr. Sardjito Hospital, Yogyakarta (Period of September-November, 2003). It was a non-experimental study because there were no interventions or manipulations on the tested subjects by using a design of non-analytic descriptive survey. The data were gathered prospectively by examine medical record documents of old age patients with hypertension during the period of September-November, 2003. Data that were taken and analyzed include the patients' age, sex, diagnosis, length of treatment, type of drug and drug interaction. The results of study were presented in the form of table.

The results of study indicated that there were 34 geriatric patients with the diagnosis of hypertension at Hospital Ward of Dr. Sardjito Hospital, Yogyakarta (Period of September-November, 2003); more than a half of these patients (64.71 %) were men, and the majority came from group 60-74 years (76.47 %). The majority of geriatric patients with hypertension were hospitalized with the diagnosis of hypertension level two (26.47 %). Therefore, almost all patients were prescribed with anti hypertension therapy (94.11 %), a single anti hypertension, most of which was from ACE inhibitor class (11.76 %), that is, captopril drug; other drug was from Ca antagonist (11.76 %) using the most commonly used drug, that is, amlodipin. There were 51 cases of potential drug interaction occurred during old age which was diagnosed with hypertension at the Hospital Ward of Dr. Sardjito Hospital, Yogyakarta during the period of September-November, 2003.

Keywords: hypertension, geriatric, anti hypertension drug