

ABSTRAK

Hipertensi merupakan penyakit kronis dengan prevalensi tinggi dan risiko komplikasi serius apabila tidak ditangani secara tepat. Tujuan Penelitian ini adalah untuk mengevaluasi rasionalitas penggunaan obat antihipertensi pada pasien hipertensi di Puskesmas Peusangan Siblah Krueng Kabupaten Bireuen berdasarkan kriteria tepat indikasi, tepat pasien, tepat obat, dan tepat dosis sesuai pedoman JNC VIII. Penelitian ini bersifat deskriptif observasional dengan pendekatan retrospektif menggunakan data rekam medis pasien hipertensi tahun 2023. Sampel berjumlah 185 pasien yang telah dipilih secara purposive sampling berdasarkan kriteria inklusi dan eksklusi. Data yang dikumpulkan mencakup identitas pasien, diagnosis, jenis obat antihipertensi, dosis, dan aturan pakai. Evaluasi rasionalitas dilakukan dengan instrumen klasifikasi 4T (tepat indikasi, tepat pasien, tepat obat, tepat dosis) yang mengacu pada pedoman JNC VIII. Hasil penelitian menunjukkan bahwa ketepatan indikasi dan ketepatan pasien mencapai 100%. Ketepatan obat sebesar 96,8%, dengan sebagian besar pasien menerima amlodipin sebagai terapi utama. Ketepatan dosis mencapai 98,9%, sebagian kecil ketidaktepatan ditemukan pada pasien dengan komorbid diabetes mellitus. Secara keseluruhan, penggunaan obat antihipertensi pada pasien hipertensi di Puskesmas Peusangan Siblah Krueng Kabupaten Bireuen dapat dikategorikan rasional berdasarkan kriteria 4T (tepat indikasi, tepat pasien, tepat obat, dan tepat dosis), meskipun masih terdapat beberapa ketidaktepatan pada pemilihan obat dan dosis khususnya pada pasien dengan komorbiditas.

Kata kunci : Rasionalitas, Antihipertensi, Hipertensi, 4T, Puskesmas.

ABSTRACT

Hypertension was a chronic disease with a high prevalence and a significant risk of serious complications if it was not properly managed. The objective of this study was to evaluate the rationality of antihypertensive drug use in hypertensive patients at Puskesmas Peusangan Siblah Krueng, Bireuen District, based on the criteria of appropriate indication, appropriate patient, appropriate drug, and appropriate dose according to the JNC VIII guidelines. This study was a descriptive observational study with a retrospective approach using medical record data of hypertensive patients in 2023. A total of 185 patients were selected through purposive sampling based on predefined inclusion and exclusion criteria. The collected data included patient identity, diagnosis, types of antihypertensive drugs, dosage, and rules of administration. The rationality of drug use was evaluated using the 4T classification instrument, which referred to the JNC VIII guidelines. The results showed that appropriateness of indication and appropriateness of patient both reached 100%. Appropriateness of drug was 96.8%, with amlodipine being the most frequently prescribed agent as the main therapy. Appropriateness of dosage achieved 98.9%, although a small number of inaccuracies were identified, particularly in patients with comorbid diabetes mellitus. These findings indicated that most patients received rational therapy, yet some deviations were still found in drug choice and dosage adjustment in specific clinical conditions. In conclusion, the use of antihypertensive drugs in hypertensive patients at Puskesmas Peusangan Siblah Krueng, Bireuen District, could be categorized as rational according to the 4T criteria. However, continuous evaluation and adherence to clinical guidelines were recommended to further optimize drug therapy, especially for patients with comorbidities requiring more specific treatment considerations.

Keywords: Hypertension, antihypertensive drugs, rational use, 4T, primary health care.