

Prevalensi dan sebaran faktor risiko hipotensi ortostatik pada fasten usia lanjut di RSUPN Ciptomangunkusumo Jakarta = Prevalence and risk factors distribution of orthustatic hypotension in elderly patient at Cipto Mangunkusumo hospital, Jakarta

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Abstrak

Latar Belakang. Hipotensi ortostatik merupakan masalah yang sering ditemukan pada usia lanjut, dan berhubungan dengan peningkatan morbiditas dan mortalitas. Penyakit penyerta pada usia lanjut diketahui berpotensi mengakibatkan timbulnya hipotensi ortostatik. Mengacu pada hal tersebut maka deteksi awal adanya hipotensi ortostatik pada pasien usia lanjut dan pengendalian faktor-faktor risiko hipotensi ortostatik perlu dilakukan dalam upaya mencapai kualitas hidup yang optimal.

Tujuan. Mengetahui prevalensi dan faktor-faktor risiko yang mempengaruhi timbulnya hipotensi ortostatik pada usia lanjut yaitu usia, hipertensi, diabetes melitus, gagal jantung, riwayat strok, dehidrasi dan obat antihipertensi.

Metodologi : Sembilan puluh tujuh subyek usia lanjut dengan usia 60 tahun atau lebih yang berobat jalan di Poliklinik dan Instalasi Gawat Darurat RSCM diikutsertakan dalam penelitian. Data dikumpulkan dengan melakukan serangkaian anamnesis, pemeriksaan fisik, tekanan darah posisi berbaring, segera setelah 1-3 menit berdiri, pemeriksaan laboratorium, pemeriksaan EKG dan foto torak. Penelitian ini menggunakan desain cross sectional ..dengan variabel yang diteliti meliputi faktor usia, adanya hipertensi, diabetes melitus, gagal jantung, riwayat strok, dehidrasi dan penggunaan obat antihipertensi, dihubungkan dengan hipotensi ortostatik.

Hasil : Laki-laki 40 (41,2%), wanita 57 (58,8%) dan usia rerata 67,4 tahun, didapatkan subyek yang mengalami hipotensi ortostatik sebanyak 15 orang (15,5%). Analisis bivariat dan multivariat menunjukkan bahwa variabel hipertensi dan dehidrasi menunjukkan hubungan bermakna dengan hipotensi ortostatik. Faktor risiko lainnya tidak terbukti secara bermakna dengan terjadinya hipotensi ortostatik.

Kesimpulan : Hipertensi dan dehidrasi merupakan faktor risiko terjadinya hipotensi ortostatik. Subyek usia lanjut dengan hipertensi memerlukan pengendalian tekanan darah lebih baik. Kondisi dehidrasi pada usia lanjut perlu dikenali sedini mungkin, sehingga dapat dilakukan tatalaksana guna mencegah timbulnya hipotensi ortostatik.

Background: Orthostatic hypotension is widely known as a problem that frequently found in elderly individuals and is associated with an increase of morbidity and mortality rate. Comorbidity in elderly have been recognized to potentially give rise to the development of orthostatic hypotension. Referring to this matter, early detection of orthostatic hypotension in elderly and management of risk factors need to be done in effort to achieve the optimal quality of life.

Objectives. To find out the prevalence and some risk factors for the development of orthostatic hypotension in elderly individuals such as age, hypertension, diabetes mellitus, heart failure, history of stroke, dehydration and anti-hypertension drug usage.

Methods: Ninety-seven elderly subjects with 60 years of age or more who had come to Outpatient clinic and Emergency Room of Cipto Mangunkusumo Hospital were included in the study. Data were obtained by anamnesis, physical examination, blood pressure examination in lie down position, immediately after 1-3 minutes of standing. We also performed laboratory examination, ECG and thorax X-ray. This study had a cross-sectional design and the studied variables include age, hypertension, diabetes mellitus and heart failure, history of stroke, dehydration and anti-hypertension drug usage, which were correlated to orthostatic hypotension.

Result: The subjects consists of found 40 males (41.2%), 57 females (58.8%) and mean of age 67.4 years. We found 15 subjects with orthostatic hypotension (15.5%)_ Analysis bivariate and multivariate indicated that the variables of hypertension and dehydration had a significant correlation to orthostatic hypotension. Other risk factors were not proven to have significant correlation with the development of orthostatic hypotension.

Conclusion: Hypertension and dehydration were proven as risk factor of orthostatic hypotension. Elderly subject with hypertension needs a more careful management of blood pressure. Dehydration condition should be detected immediately in order to perform appropriate management to prevent the development of orthostatic hypotension.</i>