

## Kajian keamanan pemakaian obat anti-hipertensi di poliklinik usia lanjut instalasi rawat jalan RS DR Sardjito

Zullies Ikawati, author

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### Abstrak

Penelitian ini bertujuan untuk mengetahui dan mengkaji keamanan pemakaian obat anti-hipertensi di Poliklinik usia lanjut Instalasi rawat jalan RS Dr. Sardjito Yogyakarta, dengan mengetahui dan mengkaji kontraindikasi, interaksi dan efek samping obat anti-hipertensi. Merupakan penelitian deskriptif dengan pengambilan data secara prospektif dari 80 pasien poliklinik usia lanjut instalasi rawat jalan RS Dr. Sardjito periode 14 November 2005 sampai dengan 13 Desember 2005. Data diambil dari rekam medik, wawancara dan mengajukan kuesioner kepada pasien. Kemudian mengkaji kontraindikasi, interaksi dan efek samping obat yang terjadi berdasarkan buku pedoman. Hasil penelitian menunjukkan terdapat 27,5 % pasien menerima obat anti-hipertensi yang tidak menguntungkan terhadap kondisi klinis pasien, sehingga pemakaiannya diperlukan pengawasan. Terdapat 41,3 % pasien menerima kombinasi obat yang potensi terjadi interaksi, 8,7 % diantaranya mempunyai gejala klinis yang diperkirakan berkaitan dengan kemungkinan berkembangnya efek interaksi obat. Sebanyak 33,8 % pasien mengalami sedikitnya satu efek samping obat yang dipertimbangkan berkaitan atau kemungkinan berkaitan dengan pengobatan antihipertensi.

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<b>Abstract</b><br>

Increasing age is generally followed by increasing chronic diseases so that the elderly needs much therapy using drugs for therapy of numerous diseases they have. Hypertension is one of diseases of which its prevalence increases along with increasing age. Most of the elderly diagnosed as having hypertension finally take therapy using anti-hypertension drugs. Physiological changes that happen to the elderly lead to use of drugs for side effect diseases of which their consumption should be considered while having anti-hypertension drugs. Changes in biological system to the elderly will affect the process of drug molecular interaction, which finally affects clinical efficacy and pharmacotherapeutic safety. Meanwhile, minimizing the problem of drug use insecurity is one of good prescription demands in the implementation of clinical pharmacy. To identify and study safety of anti-hypertension drug use at the elderly polyclinic of Dr. Sardjito Hospital Outpatient Installation by identifying and evaluating contraindication, interaction and side effect of anti-hypertension drugs. This was a descriptive study with data taken prospectively from 80 patients of the elderly polyclinic of Dr. Sardjito Hospital Outpatients Installation from November 14 to December 13, 2005. Data were obtained from medical records, interviews and questionnaires. The study on contraindication, interaction and side effect of drugs which happened was based on a guideline book. There was 27.5% of patients took anti-hypertension drugs which were not beneficial to patients? clinical condition, so the that use of antihypertension drugs needs monitoring. As much as 41.3% of patients took combined drugs potential to cause interaction, 8.7% of which had clinical symptoms presumed to be related with

possibility of increasing drug interaction effect. As much as 33.8% of patients had at least one drug side effect considered to be related or possibly related with anti-hypertension medication. Use of anti-hypertension drugs among the elderly had not been relatively safe because there was drug combination potential of causing interaction, light drug side effect and the possibility of contraindication due to use of anti-hypertension drugs which was not beneficial to patients? clinical condition so that monitoring to use of anti-hypertension drugs was needed.