

Hubungan obesitas terhadap pengendalian tekanan darah pasien hipertensi di poliklinik ilmu penyakit dalam RSUPN Cipto Mangunkusumo = The association of obesity and blood pressure control among hypertensive patients in internal medicine clinic RSUPN Cipto Mangunkusumo

Mellisya Ramadhany, author

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Abstrak

Hipertensi menduduki tempat kedua sebagai penyakit tidak menular terbanyak di Indonesia. Penyakit ini menyebabkan kerusakan multi organ hingga kematian. Hipertensi yang terkendali diharapkan dapat menunda komplikasi. Saat ini, hampir seperlima penduduk Indonesia obes. Obesitas berkaitan dengan kemunculan hipertensi namun belum diketahui hubungannya terhadap pengendalian hipertensi. Oleh karena itu, dilakukan penelitian mengenai hubungan obesitas terhadap kendali tekanan darah pasien hipertensi agar dapat membantu dalam penatalaksanaan hipertensi.

Desain penelitian adalah cross-sectional mempergunakan data rekam medik pasien hipertensi poliklinik IPD RSUPN Cipto Mangunkusumo, Jakarta. Sejumlah 117 data terkumpul. Didapatkan prevalensi hipertensi tidak terkendali sebanyak 41%, dengan rasio terbanyak pada subjek laki-laki. Prevalensi obesitas sebesar 50,4%, dengan rasio terbanyak pada subjek perempuan. Pada kelompok obesitas didapatkan proporsi hipertensi terkendali 64,4%, dan hipertensi tidak terkendali 35,6%. Sedangkan pada kelompok tidak obes didapatkan proporsi hipertensi terkendali 53,4%, dan hipertensi tidak terkendali 46,6% dengan nilai $p = 0,228$ ($p > 0,05$), RP 0,765 dengan IK 95% 0,492 ? 1,188. Dengan demikian dapat disimpulkan bahwa tidak terdapat hubungan bermakna antara obesitas dengan hipertensi tidak terkendali.

.....Hypertension is the second most prevalent non-communicable disease in Indonesia capable of causing multi organ damages even death. The essential target in hypertension management is to achieve controlled blood pressure in order to delay its complications. Nowadays, approximately one in five Indonesian has become obese. Obesity itself is highly associated with hypertension occurrence. Yet, there is no distinct evidence that show its association to hypertension control. Thus, this research is aimed to find the association between obesity in hypertensive patients to the blood pressure control.

Method used in this study is cross-sectional. As much as 117 secondary datas were collected from patients' medical records in Internal Medicine clinic diagnosed with hypertension. The prevalence of uncontrolled hypertension is 41% , dominated by male subjects. The prevalence of obesity among subjects is 50.4%, with higher proportion in females. Within the obese group, the proportion of controlled hypertension reaches 64.4%, while proportion for uncontrolled is 35.6%. Meanwhile, in the non-obese group, the proportion of controlled hypertension is 53.4%, whereas uncontrolled is 46,6%. The p-value result is 0.228 ($p > 0.05$) with PR 0.765 with 95% CI 0.492 ? 1.188. Therefore, it can be concluded that there is no significant association between obesity with uncontrolled hypertension.