

Proporsi therapeutic inertia tingkat medication adherence dan pengendalian tekanan darah pada pasien hipertensi di poli ginjal hipertensi Rumah Sakit Cipto Mangunkusumo = Proportion of therapeutic inertia medication adherence level and blood pressure control rate in hypertensive patient at nephrology and hypertension clinic of Cipto Mangunkusumo Hospital / Rony Satrio Utomo

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Abstrak

[ABSTRAK

Pendahuluan

Hipertensi merupakan masalah kesehatan dunia karena jumlah penderita yang banyak serta komplikasi yang diakibatkannya. Pengendalian tekanan darah pada pasien hipertensi masih belum adekuat. Penyebab utama kegagalan pengendalian tekanan darah pada pasien hipertensi adalah ketidak-patuhan berobat, adanya therapeutic inertia dan penyakit yang resisten.

Tujuan

Mengetahui proporsi therapeutic inertia pada pasien dengan tekanan darah tidak terkontrol, tingkat medication adherence dan proporsi pengendalian tekanan darah pada pasien hipertensi yang telah berobat lebih dari enam bulan dengan melakukan pengisian kuesioner mengenai kepatuhan berobat dan evaluasi dari rekam medis mengenai tatalaksana hipertensi.

Metode

Telah dilakukan penelitian potong lintang pada bulan April 2015 sampai Mei 2015 terhadap 126 pasien dengan hipertensi dan telah berobat lebih dari enam bulan di poliklinik Ginjal-Hipertensi RSCM Jakarta-Indonesia. Subjek dilakukan wawancara terstruktur dan pengukuran tekanan darah dan diminta untuk mengisi kuesioner 8-item Morisky Medication Adherence Score (MMAS-8) untuk menilai kepatuhan berobat serta evaluasi rekam medis pasien untuk menilai tatalaksana hipertensi yang diterima, serta tekanan darah selama berobat.

Hasil

Didapatkan 113 subjek yang sesuai dengan kriteria penelitian. Dari hasil penelitian didapatkan pengendalian tekanan darah adalah sebesar 69,3% dari seluruh kunjungan pada pasien dengan tekanan darah tinggi, dari 30,7% pasien dengan tekanan darah tidak terkontrol, tingkat therapeutic inertia mencapai 84,1%.

Kepatuhan berobat yang baik didapatkan pada 85,8% pasien dengan hipertensi

Simpulan

Tingkat pengendalian tekanan darah pada pasien hipertensi sudah cukup baik.

Kepatuhan berobat pasien dengan hipertensi sudah baik. Tingkat therapeutic inertia pada pasien hipertensi dengan tekanan darah tidak terkontrol masih tinggi.

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ABSTRACT

Background

Hypertension is a worldwide medical problem because of huge amount of hypertensive patient and complication that follows. The blood pressure control of hypertensive patients is inadequate. The main reason failure in controlling blood pressure of hypertensive patient are medication inadherent, therapeutic inertia and resistant disease.

Objectives

To determine the proportion of therapeutic inertia in hypertensive patient with uncontrolled blood pressure, medication adherence level and blood pressure control rate in hypertensive patient who has been on medication for over than six month by filling questionnaire on medication adherence and evaluation of medical record on hypertension therapy.

Method

A cross-sectional study was conducted in April 2015 through May 2015 on 126 hypertensive patient and has been on hypertension medication for over than six month at Nephrology-Hypertension clinic Cipto Mangunkusumo Hospital, Jakarta-Indonesia. We conducted structured interview and blood pressure measurement to the subject, and requested to fill 8-item Morisky Medication Adherence Score (MMAS-8) to evaluate medication adherence and review of medical record to evaluate hypertension therapy and blood pressure during ambulatory visit.

Results

There were 113 subject that meet the study criteria. The blood pressure control rate were 69.3% from all visit of hypertensive patient. From 30.7% visit with uncontrolled blood pressure, therapeutic inertia were 84,1%. Good medication adherence were found in 85.8% hypertensive patient.

Conclusion

Blood pressure control rate in hypertensive patient is good. Medication adherence in hypertensive patient were also found good. We found that the therapeutic inertia level among hypertensive patient with uncontrolled blood pressure is high., Background Hypertension is a worldwide medical problem because of huge amount of hypertensive patient and complication that follows. The blood pressure control of hypertensive patients is inadequate. The main reason failure in controlling blood pressure of hypertensive patient are medication inadherent, therapeutic inertia and resistant disease.

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