

## INTISARI

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Hipertensi merupakan salah satu faktor resiko dari penyakit kardiovaskular yang dapat mengakibatkan kematian, sehingga perlu dilakukan ketepatan dalam pemilihan obat dan dosis obat untuk mencapai tujuan terapi. Tujuan penelitian ini untuk mengetahui persentase profil penggunaan obat antihipertensi dengan kriteria tepat obat dan tepat dosis di Puskesmas Margototo Kabupaten Lampung Timur berdasarkan JNC 8 dan pedoman Puskesmas Margototo. Penelitian ini merupakan penelitian observasional dianalisis secara deskriptif. Populasi yang digunakan yaitu pasien hipertensi di Puskesmas Margototo Kabupaten Lampung Timur. Sampel yang digunakan sebanyak 106 pasien dengan kriteria inklusi. Hasil penelitian menyatakan karakteristik usia rentang 18-29 sejumlah 3 pasien (3%); usia rentang 30-41 sebesar 5 pasien (4,7%); usia rentang 42-53 sebanyak 26 pasien (24%); usia rentang rentang 54-64 sejumlah 72 pasien (68%). Berdasarkan jenis kelamin perempuan sebesar 80 pasien (75%) dan laki-laki sebesar 26 pasien (25%). Data pasien dengan penyakit penyerta 7 pasien (7%) dan tanpa penyakit penyerta 99 pasien (93%). Berdasarkan klasifikasinya hipertensi terbagi atas pre hipertensi sebesar 5 pasien (5%), hipertensi derajat 1 sebesar 70 pasien (66%), dan hipertensi derajat 2 sebesar 31 pasien (29%). Data pasien hipertensi dengan penggunaan obat antihipertensi tunggal sebesar 91 pasien (85,84%), dan terapi kombinasi sebesar 15 pasien (14,15%). Penggunaan obat monoterapi atau tunggal terbanyak amlodipine dengan 69 pasien (66%). Profil penggunaan obat antihipertensi di Puskesmas Magototo Kabupaten Lampung Timur periode Januari-Desember 2020 terdapat 86 kasus (81,13%) tepat obat dan 80 kasus (75,47%) tepat dosis berdasarkan JNC 8 dan pedoman Puskesmas Margototo.

**Kata Kunci : Ketepatan Obat; Ketepatan Dosis; Hipertensi; Puskesmas Margototo**

## ABSTRACT

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Hypertension is one of the risk factors for cardiovascular disease that can lead to death. Therefore, it is necessary to be precise in selecting drugs and drug doses to achieve therapeutic goals. The study aims to determine the percentage profile of antihypertensive drug use with the proper criteria for the right drug and dose at the Margototo Health Center, East Lampung Regency, based on JNC 8 and Margototo Community Health Center guidelines. This research is an observational study with descriptive analysis. The population is hypertension patients at the Margototo Health Center, East Lampung Regency. The sample was 106 patients with inclusion criteria. The results of the study stated that the age characteristics ranged from 18-29 with 3 patients (3%); age range 30-41 by 5 patients (4,7%); age range 42-53 as many as 26 patients (24%); the age range of 54-64 was 72 patients (68%). Based on gender, 80 patients (75%) were female, and 26 patients (25%) were male. Data on patients with comorbidities are 7 patients (7%) and without comorbidities is 99 patients (93%). Based on the classification, hypertension is divided into 5 patients with prehypertension (5%), 70 patients with grade 1 hypertension (66%), and 31 patients with grade 2 hypertension (29%). Data on hypertensive patients using single antihypertensive drugs were 91 patients (85.84%), and combination therapy was 15 patients (14.15%). The most use of monotherapy or single drug was amlodipine with 69 patients (66%). The profile of the use of antihypertensive drugs at the Magototo Health Center, East Lampung Regency for the January-December 2020 period, there were 86 cases (81.13%) of the right drug and 80 cases (75.47%) of the right dose based on JNC 8 and Margototo Health Center guidelines.

**Keywords:** Drug Accuracy; Dosage Accuracy; Hypertension; Margototo Health Center

