

**IDENTIFIKASI TINGKAT KEPATUHAN PENGOBATAN
PADA PASIEN HIPERTENSI
PESERTA PROGRAM PENGELOLAAN PENYAKIT KRONIS
DI PUSKESMAS MINGGIR DAN SLEMAN
YOGYAKARTA**

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INTISARI

Kepatuhan terhadap pengobatan hipertensi diperlukan untuk mencapai keberhasilan pengontrolan tekanan darah dan menurunkan resiko komplikasi kardiovaskular. Penelitian ini bertujuan untuk mengetahui karakteristik demografi dan klinis, tingkat kepatuhan pengobatan dan hubungan antara kepatuhan pengobatan dengan capaian tekanan darah pasien hipertensi peserta program pengelolaan penyakit kronis di Puskesmas Minggir dan Sleman Yogyakarta. Penelitian ini merupakan penelitian observasional deskriptif dengan rancangan penelitian *cross sectional*. Pengumpulan data meliputi riwayat pengambilan obat dan capaian tekanan darah selama 6 bulan terakhir dari bulan Juli sampai Desember 2017 dilakukan secara retrospektif dari rekam medis pasien hipertensi peserta PROLANIS. Data diolah secara deskriptif dan juga statistik menggunakan metode chi-square dan regresi logistik untuk mengetahui hubungan antara kepatuhan pengobatan dengan capaian tekanan darah dan mengetahui hubungan karakteristik pasien dengan capaian tekanan darah. Hasil penelitian menunjukkan dari 134 sampel yang diperoleh, 73% berjenis kelamin perempuan, berusia ≥ 60 tahun sebanyak 63%, dan 63% pasien dengan diagnosa hipertensi disertai penyakit kronis lain. Pasien hipertensi peserta PROLANIS yang patuh menjalani pengobatan sebanyak 72% dan 83% mencapai target tekanan darah yang diinginkan. Namun demikian, penelitian ini tidak menemukan hubungan antara kepatuhan pengobatan dengan capaian tekanan darah dan tidak ada hubungan antara karakteristik pasien dengan capaian tekanan darah ($p>0,05$).

Kata Kunci : Hipertensi, Kepatuhan , PROLANIS, Puskesmas

**IDENTIFICATION OF TREATMENT ADHERENCE
AMONG HYPERTENSIVE PATIENTS
REGISTERED IN CHRONIC DISEASE MANAGEMENT PROGRAM
AT PRIMARY HEALTH CENTERS OF MINGGIR AND SLEMAN
YOGYAKARTA**

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ABSTRACT

Adherence to the treatment of hypertension is necessary to successfully control blood pressure and reduce the risk of cardiovascular complications. The purpose of this study is to determine demographic and clinical characteristics, level of drug adherence, and the relationship between adherence and blood pressure impairment in hypertensive patients participating in chronic disease management program at Primary Health Center of Minggir and Sleman Yogyakarta. This study was a descriptive observational study with a cross-sectional study design. Data collection, including medication and blood pressure history over the last 6 months from July to December 2017, was retrospectively derived from the medical records of hypertensive patients participating in PROLANIS. The data were descriptively processed, as well as statistics using the chi-square method and logistic regression to determine the relationship between treatment compliance and blood pressure and to determine the relationship between characteristics of patients with high blood pressure. The results showed that out of 134 samples obtained, 73% were women, 63% were aged 60 and over, and 63% had been diagnosed with hypertension and other chronic diseases. Hypertensive patients who were PROLANIS obedient participants received 72% treatment and 83% achieved the desired blood pressure goal. However, this study did not reveal any association between treatment adherence and blood pressure and there was no relationship between the characteristics of patients with achieved blood pressure ($p > 0.05$).

Key Words: Hypertension, Adherence, PROLANIS, Primary Health Center