

## INTISARI

Prevalensi hipertensi di Indonesia berdasarkan data Riset Kesehatan Dasar 2018 mengalami kenaikan dari 25,8% (68,9 juta orang) menjadi 34,1% (90,1 juta orang). Menurut data WHO, terdapat 9,4 juta orang di dunia meninggal akibat komplikasi hipertensi. Dari 8,8% yang terdiagnosis hipertensi, terdapat 13,3% orang tidak minum obat serta 32,3% tidak rutin minum obat.

Kepatuhan pengobatan hipertensi tergolong rendah dan perlu evaluasi bagaimana intervensi yang dapat dilakukan/efektif untuk meningkatkan kepatuhan pengobatan sehingga perlu dilakukan *review* mengenai intervensi tenaga kesehatan dalam meningkatkan kepatuhan minum obat pasien hipertensi pada artikel tahun 2016 hingga 2021. Tujuan penelitian ini adalah mengulas intervensi yang dilakukan tenaga kesehatan dalam upaya meningkatkan kepatuhan pasien hipertensi mengonsumsi obat. Penelitian ini disusun dengan menggunakan *narrative review*. Artikel didapatkan melalui pencarian pada berbagai *database* seperti Google Scholar, PubMed dan Science Direct. Kemudian dilakukan seleksi artikel dengan kriteria inklusi dan eksklusi yang telah ditentukan.

Dilakukan *review* terhadap 18 artikel dengan meringkas dan membahas mengenai apa saja intervensi yang diberikan oleh tenaga kesehatan kepada pasien, maupun kerabat pasien untuk meningkatkan kepatuhan minum obat. Hasil ulasan menunjukkan bahwa intervensi berupa pemberian *leaflet*, *reminder*, informasi obat, *home pharmacy care*, edukasi, konseling, kartu obat, kotak obat harian, aplikasi *alarm* minum obat, dan pelayanan berbasis MTM mampu meningkatkan kepatuhan pasien dalam mengonsumsi obat.

Kata kunci : intervensi, kepatuhan minum obat, hipertensi

## **ABSTRACT**

The prevalence of hypertension in Indonesia based on 2018 Basic Health Research data increased from 25.8% (68.9 million people) to 34.1% (90.1 million people). According to WHO data, there were 9.4 million people in the world who died from complications of hypertension. Of the 8.8% diagnosed with hypertension, 13.3% did not take medication and 32.3% did not take medication regularly.

Compliance with hypertension treatment was low and it was necessary to evaluate how interventions could be carried out/effectively to improve medication adherence, so it was necessary to review the intervention of health workers in improving medication adherence in hypertension patients used articles from 2016 until 2021. The purpose of this study was to review the interventions carried out by health workers in an effort to increase the adherence of hypertensive patients to take medication. This research prepared using a narrative review. Articles were obtained through searches on various databases such as Google Scholar, PubMed and Science Direct. Then the selection of articles with the inclusion and exclusion criteria that have been determined.

A review of 18 articles was conducted by summarizing and discussing what interventions were provided by health workers to patients, as well as patients relatives to improve medication adherence. The results of the review showed that interventions in the form of providing leaflets, reminders, drug information, home pharmacy care, education, counseling, drug cards, daily medicine boxes, medication alarm applications, and MTM-based services were able to improve patient compliance in taking drugs.

**Keywords:** intervention, medication adherence, hypertension

