

Pengaruh Masa Pandemi Covid-19 Terhadap Tatalaksana Pasien Hipertensi Di *Gadjah Mada Medical Center Yogyakarta Tahun 2019-2020*

INTISARI

Latar Belakang: Hipertensi dinyatakan sebagai penyakit paling berbahaya di masa pandemik Covid-19, karena hipertensi menjadi komorbid tertinggi yaitu sebesar 50,1 persen dan dapat memperburuk kondisi penderita Covid-19. Oleh karena itu tatalaksana hipertensi di Gadjah Mada Medical Center mengalami penyesuaian protocol kesehatan seperti adanya petugas screening yang mengecek pasien sebelum memasuki klinik, adanya pemisahan pasien yang memiliki riwayat perjalanan, demam, gejala penyakit saluran nafas dan penyakit infeksi dengan pasien yang tidak, desinfeksi rutin dan penggunaan APD level 2 pada ruang infeksius dilakukan guna menekan angka penularan.

Tujuan: Untuk mengetahui pengaruh dari pandemik COVID-19 terhadap penatalaksanaan Hipertensi di *Gadjah Mada Medical Center*

Metode: Penelitian ini merupakan penelitian lapangan (*field research*) yang bersifat *deskriptif kualitatif*. Jumlah narasumber awal sebanyak tujuh orang yang terdiri dari dua pasien hipertensi berat, dua orang pasien hipertensi sedang dua orang hipertensi rendah, dan satu orang petugas kesehatan yang melakukan penatalaksanaan hipertensi rentang 2019-2020. Jumlah narasumber bisa berkembang jika masih membutuhkan data lebih lanjut. Alat pengumpulan data menggunakan wawancara dan observasi data rekam medis yang terdiri dari tatalaksanaan hipertensi tahapan promotif, preventif, dan kuratif/rehabilitatif. Analisis menggunakan triangulasi data dengan keabsahan jika ketercapaian redundancy (kejenuhan data).

Hasil dan Kesimpulan: Tatalaksana pasien hipertensi terhadap masa pandemik di Gadjah Mada Medical Center Yogyakarta mengalami perubahan dari kegiatan prolanis yang ditiadakan pada masa pandemik, pengurangan kapasitas dan intensitas *medical check up* (deteksi dini), serta perubahan standar pelayanan yang mengharuskan mengikuti protokol kesehatan masa pandemik. Namun secara esensi kegiatan tetap berjalan, seperti esensi kegiatan Prolanis yang berisi penyuluhan, dan senam dilakukan secara mandiri dan dimotivasi melalui grup *whatsapp* oleh petugas kesehatan. Deteksi dini tetap dilakukan walupun dengan kapasitas dan intensitas yang dikurangi. Pemberian obat tetap berjalan dengan baik, sehingga hipertensi pasien di GMC tetap terkontrol bahkan cenderung menurun ke arah yang lebih baik.

Kata kunci: pandemik covid-19, tatalaksana hipertensi, *Gadjah Mada Medical Center*



The Effect of the Covid-19 Pandemic Period on the Management of Hypertensive Patients at *Gadjah Mada Medical Center Yogyakarta in 2019-2020*

ABSTRACT

Background: Hypertension is declared the most dangerous disease during the Covid-19 pandemic, because hypertension is the highest comorbid at 50.1 percent and can worsen the condition of Covid-19 sufferers. Therefore, the management of hypertension at Gadjah Mada Medical Center undergoes health protocol adjustments such as screening officers who check patients before entering the clinic, separation of patients who have a history of travel, fever, symptoms of respiratory disease and infectious diseases from patients who do not, routine disinfection and The use of PPE level 2 in the infectious room is carried out to reduce the rate of transmission.

Purpose: To find out the effect of the COVID-19 pandemic on the management of Hypertension at Gadjah Mada Medical Center.

Method: This research is a descriptive qualitative field research. The initial number of resource persons was seven people consisting of two patients with severe hypertension, two patients with moderate hypertension, two people with low hypertension, and one health worker who performed hypertension management in the 2010-2020 range. The number of resource persons can grow if further data is needed. Data collection tools using interviews and observation of medical record data consisting of the management of hypertension at promotive, preventive, and curative/rehabilitative stages. The analysis uses data triangulation with validity if redundancy is achieved (data saturation).

Result and Conclusion: The management of hypertensive patients during the pandemic at Gadjah Mada Medical Center Yogyakarta underwent a change from prolanis activities that were abolished during the pandemic, reduced capacity and intensity of medical check-ups (early detection), as well as changes in service standards that required following health protocols during the pandemic. . However, the essence of the activity is still running, such as the essence of the Prolanis activity which contains counseling, and exercise is carried out independently and is motivated through a whatsapp group by health workers. Early detection is still carried out even though the capacity and intensity are reduced. Drug administration continues to run well, so that the patient's hypertension at GMC remains under control and even tends to decrease in a better direction.

Keywords: Covid-19 pandemic, management of hypertension, *Gadjah Mada Medical Center*