

## INTISARI

### TINGKAT KUNJUNGAN KONTROL RUTIN PASIEN HIPERTENSI SEBELUM DAN SELAMA MASA PANDEMI COVID-19

#### DI GADJAH MADA MEDICAL CENTER TAHUN 2019-2020

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**Latar Belakang:** Hipertensi merupakan kondisi ketika tekanan darah sistolik  $\geq 140$  mmHg dan/atau tekanan diastolik  $\geq 90$  mmHg yang menurut WHO dialami 1,13 miliar penduduk dunia. Hipertensi dapat menyebabkan komplikasi, seperti penyakit jantung dan stroke yang dapat mengarah pada kematian sehingga tekanan darah perlu diturunkan menjadi tingkat non hipertensi. Ketika obat anti hipertensi mulai diberikan, pasien harus kembali ke layanan kesehatan untuk menjalani kontrol dan penyesuaian pengobatan. Sementara itu, saat ini seluruh dunia sedang menghadapi pandemi COVID-19 sejak 11 Maret 2020. Beberapa studi menyatakan selama pandemi terjadi kenaikan tekanan darah secara signifikan padahal kenaikan tekanan sistolik sebesar 2 mmHg saja sudah berpengaruh terhadap peningkatan risiko mortalitas. Karena kunjungan rutin ke layanan kesehatan merupakan salah satu faktor penentu kesadaran dan keberhasilan terapi, tingkat kunjungan rutin pasien hipertensi selama pandemi penting untuk diketahui.

**Tujuan:** Mengetahui perbandingan kunjungan dan capaian target tekanan darah pasien hipertensi sebelum dan selama pandemi COVID-19 di GMC tahun 2019-2020.

**Metode:** Penelitian kuantitatif deskriptif dengan metode Analisis Data Sekunder yang menggunakan data kunjungan pasien hipertensi di GMC sejak bulan Mei 2019 hingga Desember 2020 dengan instrumen berupa catatan rekam medis. Data kemudian dianalisis dengan analisis statistik deskriptif sehingga diketahui jumlah kunjungan 10 bulan sebelum dan 10 bulan selama pandemi.

**Hasil:** Kunjungan pasien hipertensi sebelum pandemi berjumlah 853, kemudian menurun 47,71% selama pandemi menjadi 446. Kunjungan pasien baik laki-laki maupun perempuan mengalami penurunan dengan persentase penurunan lebih besar pada pasien laki-laki serta kelompok usia 91-100 tahun. Pasien hipertensi derajat 1 maupun 2 sebagian besar menerima satu jenis obat saja. Obat yang paling banyak diterima sebelum pandemi adalah *amlodipin* 10 mg dan 5 mg, *bisoprolol* 5 mg, serta *candesartan* 16 mg, sementara obat yang paling banyak diterima selama pandemi adalah *amlodipin* 10 mg dan 5 mg, *candesartan* 8 dan 16 mg, serta *hidroklorotiazid* 25 mg.

**Kesimpulan:** Terjadi penurunan jumlah kunjungan pasien hipertensi di GMC selama pandemi COVID-19 apabila dibandingkan dengan periode sebelum pandemi.

**Kata Kunci:** kunjungan rutin, kontrol, hipertensi, pandemi, COVID-19, GMC

## ABSTRACT

### LEVEL OF HYPERTENSION PATIENTS ROUTINE VISITS BEFORE AND DURING THE COVID-19 PANDEMIC

#### AT GADJAH MADA MEDICAL CENTER IN 2019-2020

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**Background:** Hypertension is a condition when systolic blood pressure reaches  $\geq 140$  mmHg and/or diastolic pressure  $\geq 90$  mmHg, which according to WHO is experienced by 1.13 billion people in the world. Hypertension can cause many complications, such as heart disease and stroke that can lead to death, so blood pressure needs to be lowered to non-hypertensive level. Once antihypertensive drugs are started, patients should return for follow up and medication adjustments. Meanwhile, currently the world is facing COVID-19 pandemic since March 11, 2020. Several studies stated that during this pandemic, there was a significant increase in blood pressure. Related to this condition, elevated systolic blood pressure of just 2 mmHg can lead to increased mortality risk. Since routine visits to health services can contribute to awareness and success of therapy, it is important to know the level of hypertension patients routine visits during pandemic.

**Objective:** To find out the comparison of hypertension patients visits and blood pressure target achievement before and during COVID-19 pandemic at GMC in 2019-2020.

**Methods:** This study was a descriptive quantitative study with Secondary Data Analysis method using the hypertension patients visits data in GMC from May 2019 to December 2020. The instrument used was GMC medical records. The data was then analyzed with descriptive statistical analysis so that it was known the number of visits 10 months before and 10 months during pandemic.

**Results:** Hypertension patients visits was 853 before pandemic, then decreased by 47.71% during pandemic to 446. Patient visits both male and female decreased with a greater percentage of decline found in male and 91-100 years old group. Hypertension patients both grade 1 and 2, mostly received one type only of drug. Drugs mostly accepted before the pandemic were amlodipine 10 mg and 5 mg, bisoprolol 5 mg, and candesartan 16 mg. Meanwhile, drugs mostly received during the pandemic were amlodipine 10 mg and 5 mg, candesartan 8 and 16 mg, and hydrochlorothiazide 25 mg.

**Conclusion:** There was a decrease in the number of hypertension patients visits in GMC during COVID-19 pandemic compared to pre-pandemic period.

**Keywords:** routine visits, control, hypertension, pandemic, COVID-19, GMC