INTISARI

Pasien usia lanjut dengan penyakit kardiovaskular akan mengalami penurunan dan perubahan fungsi organ yang dapat mempengaruhi farmakokinetik dan farmakodinamik obat. Penggunaan obat yang tidak tepat pada lansia dapat meningkatkan kejadian efek samping obat (ESO) sehingga dibutuhkan suatu panduan yaitu kriteria Beers. Penelitian ini dilakukan untuk mengetahui gambaran obat, mengidentifikasi kejadian ESO berdasarkan kriteria Beers 2019 dan mengetahui gambaran sosiodemografi pasien yang mengalami ESO pada pasien lansia dengan penyakit kardiovaskular.

Penelitian ini merupakan penelitian observasional *cross sectional*. Pengamatan dilakukan secara retrospektif pada pasien dengan usia ≥ 60 tahun dengan penyakit kardiovaskular di Instalasi Rawat Jalan RSA UGM yang mendapatkan obat-obat dengan kriteria Beers. Pengambilan data dilakukan dengan pencatatan rekam medis pasien dan diperdalam dengan melakukan wawancara. Data dianalisis secara deskriptif. Analisis kausalitas ESO menggunakan algoritma Naranjo.

Jumlah subjek dalam penelitian adalah 96 pasien. Obat-obat yang termasuk kriteria Beers yang paling banyak diresepkan yaitu diuretik sebanyak 58 pasien (60,4%). Terdapat 11 pasien (11,5%) mengalami ESO yang termasuk kriteria Beers. ESO memiliki kategori *possible, probable,* dan *high probable*. Kejadian ESO yang paling banyak terjadi yaitu gangguan gastrointestinal karena aspirin sebanyak 6 pasien (54,5%). ESO paling banyak dialami oleh wanita, yaitu sebanyak 6 pasien (54,5%) dengan kelompok usia paling banyak yaitu 60-74 tahun (90,9%). Monitoring penggunaan obat yang termasuk kriteria Beers pada pasien lansia perlu dilakukan untuk mencegah terjadinya efek samping obat.

Kata kunci: usia lanjut, efek samping obat, kriteria Beers

ABSTRACT

Elderly patients with cardiovascular disease will experience a decrease and change in organ function which can affect the pharmacokinetics and pharmacodynamics of drugs. Improper use of drugs in elderly patients can increase the incidence of drug side effects, so a guide is needed, namely the Beers criteria. This study was conducted to determine the description of the drug, identify the occurrence of effects aside drugs based on the Beers 2019 criteria and knowing the sociodemographic features of patients experiencing drug side effects in elderly patients with cardiovascular disease.

This research is an observational study with a cross sectional approach. Observations were carried out retrospectively in patients aged ≥ 60 years with cardiovascular disease in the Outpatient Installation at the Academic Hospital of Gadjah Mada University who received drugs with the Beers criteria. Data collection was carried out by recording the patient's medical record and deepening it by conducting interviews. Data were analyzed descriptively. Causality analysis of drug side effects using the Naranjo algorithm.

The number of subjects in the study were 96 patients. Drugs included in Beers' criteria that were most often prescribed were diuretics in 58 patients (60.4%). There were 11 patients (11.5%) experienced drug side effects which includes the Beers criteria. Drug side effects has the category of possible, probable, and high probable. Incident drug side effects the most common was gastrointestinal disorders due to aspirin in 6 patients (54.5%). Drug side effects most experienced by women, namely as many as 6 patients (54.5%) with the most age group, namely 60-74 years (90.9%). Monitoring the use of drugs that are included in the Beers criteria in elderly patients needs to be done to prevent drug side effects from occurring.

Keywords: elderly, drug side effects, Beers criteria