

INTISARI

Tingkat kepatuhan terhadap pengobatan hipertensi di kalangan lansia masih rendah. Posyandu lansia, kegiatan yang selama ini digunakan untuk menjaga dan meningkatkan kesehatan lansia di masyarakat, dapat menjadi upaya strategis untuk meningkatkan kepatuhan pengobatan lansia. Oleh karena itu, penelitian ini bertujuan untuk menggambarkan pelaksanaan pengobatan hipertensi dan peran apoteker di Posyandu Lansia.

Penelitian ini merupakan penelitian kualitatif dengan pengumpulan data melalui wawancara semi terstruktur terhadap 14 Bapak/Ibu lansia, 12 kader lansia, dan 6 Penanggung jawab program lansia di Puskesmas Banguntapan 2 dan Piyungan pada bulan November. Wawancara direkam setelah mendapatkan persetujuan dari partisipan, kemudian hasil rekaman tersebut ditranskrip dan dianalisis secara tematik.

Dari hasil penelitian didapatkan tema gambaran pengobatan hipertensi di Posyandu Lansia, yang meliputi kategori (1) pemeriksaan tekanan darah dan kesehatan, (2) sumber informasi pengobatan hipertensi, (3) pemahaman lansia mengenai pengobatan hipertensi, (4) antusiasme ke Posyandu Lansia, (5) kendala pengobatan hipertensi di Posyandu Lansia, (6) keterlibatan apoteker di Posyandu Lansia. Tema kedua adalah peran apoteker di Posyandu Lansia, dengan kategori (1) promotif dan preventif, (2) peningkatan kepatuhan pengobatan, (3) penyiapan obat setelah menerima resep, (4) edukasi informasi obat, (5) pengendalian stok obat. Hasil penelitian ini diharapkan dapat memberikan pemahaman yang lebih baik tentang kontribusi apoteker dalam meningkatkan kualitas Program Posyandu Lansia terutama dalam mengelola pengobatan hipertensi di kalangan lansia. Temuan dari penelitian ini kedepannya dapat memberikan wawasan berharga untuk perbaikan program kesehatan masyarakat yang lebih efektif untuk lansia dengan hipertensi di wilayah Kabupaten Bantul.

Kata kunci: apoteker, lansia, hipertensi, kepatuhan

ABSTRACT

The adherence level to hypertension treatment among the elderly remains low. Posyandu Lansia, an activity commonly used to maintain and improve the health of the elderly in the community, can be a strategic effort to enhance elderly treatment adherence. Therefore, this research aims to describe the implementation of hypertension treatment and the role of pharmacists in Posyandu Lansia.

This study is qualitative research with data collection through semi-structured interviews with 14 elderly individuals, 12 elderly cadres, and 6 supervisors of the elderly program at Banguntapan 2 and Piyungan Community Health Centers in November. The interviews were recorded with participants' consent, and the recorded material was then transcribed and analyzed thematically.

The research revealed the theme of the description of hypertension treatment in Posyandu Lansia, covering categories such as (1) blood pressure and health examinations, (2) sources of information on hypertension treatment, (3) the elderly's understanding of hypertension treatment, (4) enthusiasm for attending Posyandu Lansia, (5) obstacles to hypertension treatment in Posyandu Lansia, and (6) the involvement of pharmacists in Posyandu Lansia. The second theme is the role of pharmacists in Posyandu Lansia, with categories such as (1) promotive and preventive roles, (2) improving treatment adherence, (3) preparing medication after receiving prescriptions, (4) educational information on drugs, and (5) drug stock control. The results of this research are expected to provide a better understanding of the pharmacist's contribution to improving the quality of Posyandu Lansia Program, especially in managing hypertension treatment among the elderly. The findings from this research are anticipated to offer valuable insights for the enhancement of more effective public health programs for elderly individuals with hypertension in the Bantul Regency area..

Keywords: *pharmacist, elderly, hypertension, compliance*