

## INTISARI

Hipertensi merupakan salah satu penyakit yang paling sering dialami oleh lansia. Usia lansia umumnya rentan mengalami gangguan kesehatan karena penurunan fisiologis, kognitif, dan psikologis serta penggunaan sejumlah besar obat-obatan dalam penanganan penyakitnya. Hal tersebut menjadi faktor munculnya masalah penggunaan obat pada lansia.

Puskesmas dirasa strategis dalam menjangkau lansia untuk melakukan edukasi dalam penggunaan obat hipertensi. Hal ini didukung dengan aksesibilitas, keterlibatan komunitas, fokus pada lansia, kegiatan rutin, dan kolaborasi tim kesehatan.

Penelitian ini bertujuan untuk mengetahui gambaran peran apoteker dalam program pengobatan dan pencegahan hipertensi pada lansia dan peran apoteker dalam program tersebut. Studi ini menggunakan pendekatan kualitatif untuk menggali wawasan mendalam tentang bagaimana apoteker dapat berkontribusi secara lebih efektif dalam upaya peningkatan kesehatan lansia yang menderita hipertensi. Data penelitian diambil menggunakan teknik wawancara langsung kepada peserta penelitian yang bertempat di Puskesmas.

Partisipan yang didapatkan yaitu sejumlah 26 partisipan, terdiri dari 12 lansia, 9 kader posyandu, dan 5 petugas puskesmas. Dari wawancara yang telah dilakukan bersama partisipan, didapatkan informasi mengenai program pengobatan dan pencegahan hipertensi di puskesmas, peran apoteker dalam program tersebut, hasil dari program, serta pendukung dan kendala dari program tersebut. Program pengobatan dan pencegahan hipertensi yaitu posyandu lansia, Prolanis PRB, Posbindu PTM, puskesmas keliling, dan program inovasi dari masing-masing puskesmas. Peran apoteker dalam program tersebut yaitu melakukan konseling saat penyerahan obat, KIE mengenai penyakit hipertensi, dan penyerahan obat. Hasil dari program tersebut yaitu meningkatnya kepatuhan, pengetahuan, dan pola hidup sehat pasien mengenai terapi hipertensi. Pendukung dari program tersebut yaitu antusias masyarakat dan kualitas pelayanan puskesmas yang baik. Sedangkan, kendala dari program tersebut yaitu keterbatasan tenaga kerja, kehadiran lansia, dan kehadiran kader.

**Kata Kunci:** apoteker, lansia, hipertensi, Posyandu Lansia, Puskesmas

## ***ABSTRACT***

Hypertension is one of the most common diseases experienced by the elderly. The elderly are generally susceptible to health disorders due to physiological, cognitive, and psychological declines, as well as the use of a large number of medications in managing their diseases. This becomes a factor in the emergence of medication usage problems in the elderly.

Public Health Centers (Puskesmas) are considered strategic in targeting the elderly for education on hypertension medication use. This is supported by accessibility, community involvement, focus on the elderly, routine activities, and collaboration with the healthcare team.

This research aims to understand the role of pharmacists in the hypertension treatment and prevention program for the elderly and their role in the program. The study uses a qualitative approach to gain in-depth insights into how pharmacists can contribute more effectively to efforts to improve the health of elderly individuals suffering from hypertension. Research data were collected through direct interviews with participants located at the Public Health Center.

The participants obtained were a total of 26, consisting of 12 elderly individuals, 9 Integrated Health Post (Posyandu) cadres, and 5 health center officers. From the interviews conducted with the participants, information was obtained regarding the hypertension treatment and prevention program at the community health center, the pharmacist's role in the program, program outcomes, and the supporting factors and obstacles of the program.

Hypertension treatment and prevention programs include elderly Posyandu, Prolanis PRB, Posbindu PTM, mobile health centers, and innovative programs from each community health center. The pharmacist's role in the program includes counseling during medication delivery, health education on hypertension, and medication distribution. The outcomes of the program are increased adherence, knowledge, and healthy lifestyle patterns regarding hypertension therapy for patients. Program support comes from community enthusiasm and good quality health center services. Meanwhile, program challenges include limited manpower, the presence of elderly individuals, and the presence of cadres.

**Keywords: pharmacist, elderly, hypertension, Elderly Posyandu, Public**

**Health Center**