

ABSTRAK

Latar Belakang: Demensia atau kepikunan adalah istilah umum atau gejala untuk gangguan neurologis, dimana gejala utama yang dialami adalah penurunan kondisi mental dan ingatan dari penderita. Demensia vaskular merupakan gangguan neurokognitif yang membuat kemunduran memori dan fungsi kognitif akibat berkurangnya aliran darah ke otak. Demensia vaskular berhubungan dengan faktor risiko vaskular yang umumnya bermanifestasi ke arah penurunan fungsi kognitif hingga akhirnya dapat mengakibatkan kematian. Dari banyaknya faktor risiko demensia vaskular, hipertensi menjadi salah satu faktor risiko yang berpengaruh. Menurut World Health Organization (WHO), Hipertensi adalah suatu kondisi dimana pembuluh darah memiliki tekanan darah tinggi (tekanan darah sistolik ≥ 140 mmHg atau tekanan darah diastolik ≥ 90 mmHg).

Tujuan: Penelitian ini bertujuan untuk mengetahui bagaimana distribusi penggunaan golongan obat antihipertensi yang paling sering digunakan terbatas pada 5 golongan, yaitu Angiotensin-converting enzyme inhibitor (ACE-Inhibitor), Angiotensin receptor blocker (ARB), Calcium-channel blockers (CCBs), β Bloker (BB), dan golongan Diuretik, pada pasien demensia usia lanjut >60 tahun dengan demensia vaskular di RSUP Sardjito, untuk mengetahui distribusi berdasarkan karakteristik usia, jenis kelamin, dan komorbid.

Metode: Studi ini merupakan studi uji potong lintang atau cross sectional yang melibatkan populasi penelitian dari usia lanjut di RSUP Dr. Sardjito yang terdiagnosis demensia vaskular serta hipertensi. Penelitian ini akan dilakukan di RSUP Dr. Sardjito dan data subjek didapatkan dari pasien rawat jalan atau rawat inap dari tahun 2022-2023 sampai memenuhi *sample size*. Penelitian ini akan dilakukan setelah terbit kelayakan etik.

Hasil: Responden terbanyak berusia 60–69 tahun, dan paling sedikit 80–89 tahun. Mayoritas responden berjenis kelamin laki-laki (69,9%). Golongan ARB merupakan obat antihipertensi yang paling banyak digunakan pada pasien demensia vaskular. CCB berada di urutan kedua, sementara ACE-I, beta-blocker, dan diuretik digunakan sangat sedikit atau tidak ditemukan. Tidak terdapat perbedaan yang signifikan antara usia, jenis kelamin, dan komorbid dengan penggunaan golongan obat antihipertensi ARB dan CCB.

Kesimpulan: Obat antihipertensi yang paling sering diberikan pada pasien demensia vaskular adalah golongan ARB, diikuti golongan CCB berada di posisi kedua, sementara penggunaan ACE-I, beta-blocker, serta diuretik tercatat sangat sedikit bahkan tidak ditemukan pada sebagian besar pasien. Analisis bivariat tidak menunjukkan adanya perbedaan yang bermakna secara statistik antara variabel usia, jenis kelamin, maupun komorbid terhadap pemilihan obat antihipertensi golongan ARB dan CCB.

Kata Kunci : Demensia Vaskular, Hipertensi, 5 golongan Obat Antihipertensi.

ABSTRACT

Background: Dementia, or senility, is a general term for neurological disorders, where the primary symptom is a decline in mental health and memory. Vascular dementia is a neurocognitive disorder that causes memory and cognitive function decline due to reduced blood flow to the brain. Vascular dementia is associated with vascular risk factors that generally manifest as cognitive decline and can ultimately lead to death. Of the many risk factors for vascular dementia, hypertension is one of the most influential. According to the World Health Organization (WHO), hypertension is a condition in which blood vessels have high blood pressure (systolic blood pressure ≥ 140 mmHg or diastolic blood pressure ≥ 90 mmHg).

Objective: This study aims to determine how the distribution of the use of the most frequently used antihypertensive drug classes is limited to 5 groups, namely Angiotensin-converting enzyme inhibitors (ACE-Inhibitors), Angiotensin receptor blockers (ARBs), Calcium-channel blockers (CCBs), β Blockers (BB), and Diuretics, in elderly dementia patients >60 years with vascular dementia at Sardjito General Hospital, to determine the distribution based on age, gender, and comorbid characteristics.

Methods: This is a cross-sectional study involving a population of elderly patients diagnosed with vascular dementia and hypertension at Dr. Sardjito General Hospital. Data will be collected from outpatients and inpatients from 2022 to 2023, until the sample size is met. This study will be conducted after ethical clearance is obtained.

Results: The majority of respondents were aged 60–69 years, and the least were aged 80–89 years. The majority of respondents were male (69.9%). ARBs were the most commonly used antihypertensive drug in patients with vascular dementia. CCBs were second, while ACE-I, beta-blockers, and diuretics were used very little or not at all. There were no significant differences between age, gender, and comorbidities in the use of ARB and CCB antihypertensive drugs.

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Conclusion: The most frequently prescribed antihypertensive drugs for patients with vascular dementia are ARBs, followed by CCBs. The use of ACE inhibitors, beta-blockers, and diuretics was very low or even absent in most patients. Bivariate analysis showed no statistically significant differences between age, gender, or comorbidities in the choice of ARBs and CCBs.

Keywords: Vascular Dementia, Hypertension, 5 Antihypertensive Drug Classes.