

INTISARI

Latar Belakang: Penyakit kardiovaskular merupakan penyebab kematian global. Individu yang terdiagnosa penyakit kardiovaskular memiliki risiko mengalami kejadian fatal maupun non-fatal serangan jantung, strok, komplikasi penyakit kardiovaskular, bahkan hingga kematian. *World Health Organization (WHO) / International Society of Hypertension (ISH) risk prediction chart* dapat digunakan untuk memprediksi tingkat risiko kejadian fatal dan non-fatal penyakit kardiovaskular dalam kurun waktu sepuluh tahun yang akan datang.

Tujuan Penelitian: Tujuan penelitian adalah untuk mengetahui gambaran tingkat risiko penyakit kardiovaskular di wilayah kerja Puskesmas Mlati, Sleman, Yogyakarta.

Metode: Penelitian ini merupakan penelitian *cross-sectional* yang dilakukan di wilayah kerja Puskesmas Mlati Sleman Yogyakarta pada bulan September 2017 hingga Oktober 2017. Sampel penelitian diperoleh dengan teknik *multistage cluster sampling* dengan keseluruhan subjek penelitian sejumlah 107 responden. Responden penelitian ini yaitu pasien yang terdiagnosis penyakit kardiovaskular dan berusia 40-79 tahun. Diagram yang digunakan dalam penelitian yaitu WHO/ISH risk prediction chart wilayah Indonesia (SEAR B). Data yang diperlukan untuk penentuan prediksi risiko penyakit kardiovaskular diperoleh melalui wawancara karakteristik responden dan pengukuran sederhana. Hasil penelitian dianalisis dan disajikan dalam tabel distribusi frekuensi.

Hasil: Responden penelitian didominasi oleh perempuan dengan rata-rata usia responden yaitu 59,15 ($\pm 9,73$) tahun. Tingkat risiko penyakit kardiovaskular dalam kurun waktu sepuluh tahun yang akan datang yaitu risiko rendah 50,47%; risiko sedang 13,08%; risiko tinggi 14,02%; dan risiko sangat tinggi 22,43%.

Kesimpulan: Mayoritas responden memiliki risiko rendah mengalami kejadian fatal dan non-fatal penyakit kardiovaskular dalam kurun waktu sepuluh tahun yang akan datang.

Kata Kunci: risiko kardiovaskular, *risk prediction*

ABSTRACT

Background: Cardiovascular disease is the cause of global death. Someone who has been diagnosed has cardiovascular disease risks of fatal and non-fatal heart attack, stroke, cardiovascular complication disease and even death. The World Health Organization (WHO) / the International Society of Hypertension (ISH) risk prediction charts can be used to predict the risk levels of fatal and non-fatal cardiovascular disease incident for the next ten years.

Objective: This research aims to obtain an overview of the risk levels of cardiovascular disease in the working area of Mlati Public Health Center, Sleman, Yogyakarta.

Methods: This research is a cross-sectional research conducted in the working area of Mlati Public Health Center, Sleman, Yogyakarta from September until October 2017. Samples were taken using multistage cluster sampling technique with the overall subjects of 107 respondents. Respondents were patients diagnosed with cardiovascular disease and aged between 40 to 79 years. The research employed WHO/ISH risk prediction chart for Indonesia (SEAR B). Data required to determine the prediction of cardiovascular disease risks were obtained through interview with respondents concerning their characteristics and through simple measurement. The results of the research were analyzed and presented in frequency distribution tables.

Result: Research's respondents were dominated by female patients with an average age of 59.15 (± 9.73) years. The risk levels of Cardiovascular disease in the next ten years are low-risk (50.47%); at moderate risk (13.08%); high risk (14.02%); and very high risk (22.43%).

Conclusion: The majority of respondents have low risk to experience fatal and non-fatal incidents of cardiovascular disease in the next ten years.

Keyword: cardiovascular risks, risk prediction