

INTISARI

Angka prevalensi hipertensi memperlihatkan peningkatan signifikan dalam beberapa tahun terakhir. Keberhasilan terapi hipertensi membutuhkan pendekatan yang komprehensif dan intensif dari tenaga kesehatan. Apoteker dituntut untuk mengoptimalkan *pharmaceutical care* sehingga diharapkan mampu meningkatkan luaran klinik. Penelitian ini bertujuan untuk melihat gambaran pelaksanaan *pharmaceutical care* meliputi aspek edukasi, pelayanan informasi obat, keamanan, dan efektivitas terapi, gambaran tingkat kepatuhan pasien, serta mengidentifikasi permasalahan *pharmaceutical care* pada pasien hipertensi.

Penelitian ini merupakan penelitian *cross sectional* dengan pengambilan sampel yang dilakukan secara *concurrent*. Teknik pengambilan data menggunakan lembar observasi untuk pasien hipertensi di instalasi rawat jalan Puskesmas Kasihan I dan Kasihan II Kabupaten Bantul periode November-Februari 2017. Lembar observasi yang digunakan mengacu pada panduan nasional *pharmaceutical care* untuk penyakit hipertensi, pedoman pelayanan kefarmasian di Puskesmas, dan kuesioner *Modified Morisky Scale*. Data hasil wawancara dianalisis secara deskriptif.

Hasil penelitian dari 69 pasien menunjukkan bahwa 49 (71,0%) pasien mendapatkan edukasi, 69 (100%) pasien mendapatkan pelayanan informasi obat, 12 (17,4%) pasien mencapai target tekanan darah, 4 (5,8%) pasien diduga mengalami efek samping obat, 3 (4,3%) pasien berpotensi mengalami interaksi obat, dan 35 (50,7%) pasien memiliki tingkat kepatuhan tinggi. Permasalahan *pharmaceutical care* pada pasien hipertensi adalah kurangnya edukasi meliputi pengertian hipertensi, penyebab hipertensi, dan pola hidup sehat. Selain itu, kurangnya *monitoring* meliputi tekanan darah, efek samping obat, interaksi obat, dan kepatuhan pasien.

Kata kunci : permasalahan, *pharmaceutical care*, hipertensi, puskesmas

ABSTRACT

The prevalence of hypertension shows a significant increase in recent years. The success of the treatment of hypertension requires a comprehensive and intensive approach from healthcare personnel. Pharmacists are required to optimize pharmaceutical care so the clinical outcome can be improved. This study aims to look the implementation of pharmaceutical care from several aspects such as education, drug information service, safety, and effectiveness of the therapy, patient adherence, and identify the pharmaceutical care problems in hypertensive patients.

During the research, this study was using cross sectional method with concurrent sampling. Datas were collected using observation sheets for hypertension patients in Puskesmas Kasihan I and Kasihan II Kabupaten Bantul from November to February 2017 The observation sheets that have been used, referred to national pharmaceutical care guidelines for hypertensive patients, pharmacy service guidelines in Puskesmas, and Modified Morisky Scale questionnaires. Interview datas were analyzed descriptively.

From 69 patients, it showed that 49 (71.0%) patients received education, 69 (100%) patients received the drug information service, 12 (17.4%) patients achieved the target blood pressure, 4 (5, 8%) patients suspected had side effects of drugs, 3 (4.3%) patients potentially had drug interactions, and 35 (50.7%) patients had a high level of adherence. Pharmaceutical care problems in hypertensive patients were lack of education including the understanding of hypertension, the cause of hypertension and healthy lifestyle. In addition, it includes blood pressure monitoring, drug side effects, drug interactions, and patient adherence.

Keywords: problems, pharmaceutical care, hypertension, puskesmas