

## INTISARI

Penyakit kardiovaskular merupakan penyebab utama kematian. Diseluruh dunia, jumlah penderita penyakit ini terus bertambah, termasuk Indonesia. Strategi dalam penatalaksanaan Sindroma Koroner Akut (SKA) secara optimal diperlukan untuk menurunkan angka mortalitas. Salah satu manifestasi klinik Sindrom Koroner Akut (SKA) yang sering menyebabkan kematian adalah infark miokard akut tanpa elevasi segmen ST (NSTEMI). Tujuan penelitian ini adalah mengetahui pola pengobatan NSTEMI di rumah sakit Dr. Sardjito, mengetahui persentase pengobatan yang sesuai pedoman penatalaksanaan terapi NSTEMI dari *American Heart Association guideline*, serta mengetahui perbedaan lama rawat inap antara kelompok pasien yang sesuai *guideline* dengan kelompok pasien yang tidak sesuai *guideline*.

Penelitian ini dilakukan menggunakan metode *cross sectional* dan data diambil seluruhnya dari rekam medik secara retrospektif. Sebanyak 60 pasien yang didapat sebagai sampel penelitian yaitu pasien yang terdiagnosis utama NSTEMI dengan lama rawat inap lebih dari 24 jam. Perbedaan lama rawat inap dianalisis menggunakan uji *t-test* dengan taraf kepercayaan 95%.

Dari hasil penelitian diketahui pola pengobatan NSTEMI dengan proporsi terbesar yaitu dual antiplatelet + antikoagulan + statin + beta bocker + ACEI + nitrat sebanyak 17 pasien (28,3 %). Penggunaan obat NSTEMI yang sesuai *guideline* sebanyak 35 pasien (58,3%). Tidak terdapat perbedaan lama rawat inap antara kelompok pasien yang sesuai *guideline* dengan kelompok pasien yang tidak sesuai *guideline* ( $7,88 \pm 3,7$  vs  $8,04 \pm 5,6$  hari) dengan nilai  $p = 0,092$  ( $p > 0,05$ ).

Kata kunci : NSTEMI, ketepatan pengobatan, lama rawat inap.

## ABSTRACT

Cardiovascular disease is the leading cause of death. Throughout the world, the number of patients with this disease continues to grow, including Indonesia. Strategy in optimally treatment of Acute Coronary Syndrome (ACS) needed to reduce mortality. One of the clinical manifestations of acute coronary syndromes (ACS) that most often resulted in death is non ST elevation myocard infarction (NSTEMI). The aim of this study were to determine the pattern of therapy in patients with NSTEMI at Dr. Sardjito hospital, to determine the percentage of appropriate medication therapy management NSTEMI guidelines from the American Heart Association, and to determine the difference in length of stay and of patients appropriate guideline with the group of patients who do not fit the guidelines.

This study was conducted using cross sectional method and the data is taken entirely from the medical records with retrospective design. A total of 60 patients were obtained as samples that patients diagnosed with primary NSTEMI with length of stay more than 24 hours. Difference in length of stay were analyzed using t-test with a level of 95%.

The results in patterns of treatment of NSTEMI with the largest proportion of anticoagulants that dual antiplatelet + + statins + beta Bocker + ACEI + nitrate were 17 patients (28.3%). NSTEMI appropriate drug usage guidelines, as many as 35 patients (58,3%). There were no differences between the groups length of stay of patients in accordance with the guideline group of patients who do not fit the guidelines ( $7.88 \pm 8.04 \pm 3,7$  vs  $5,6$  hari)  $p = 0.092$  ( $p > 0.05$ ).

**Keywords:** NSTEMI, the accuracy of treatment, length of stay.