

PROFIL PENGGUNAAN OBAT ANTIHIPERTENSI PASIEN RAWAT JALAN DI RSUP DR. BEN MBOI KOTA KUPANG PERIODE OKTOBER - DESEMBER 2024

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ABSTRAK

Latar Belakang: Hipertensi adalah kondisi di mana tekanan darah meningkat, sehingga memengaruhi aliran darah ke jaringan dan organ tubuh. Hipertensi dikenal sebagai *The Silent Killer* karena dapat menyebabkan kematian tanpa adanya gejala. RSUP dr. Ben Mboi merupakan rumah sakit pemerintah di Kota Kupang yang melayani pengobatan antihipertensi. Rumah sakit rujukan terbesar di NTT ini memberikan banyak fasilitas terbaiknya demi melayani pasien dari berbagai daerah di NTT. **Tujuan:** Mengetahui profil penggunaan obat antihipertensi pasien rawat jalan di RSUP dr. Ben Mboi Kota Kupang pada bulan Oktober – Desember 2024 berdasarkan karakteristik pasien dan karakteristik obat. **Metode:** Deskriptif kuantitatif dengan cara retrospektif menggunakan resep pasien rawat jalan yang menjalankan pengobatan antihipertensi. Sampel diambil sebanyak 272 resep pasien menggunakan sampel acak sederhana dan dianalisis secara univariat serta disajikan dalam bentuk frekuensi dan persentase. **Hasil:** Pasien terbanyak berjenis kelamin perempuan (53,7%) dan berusia 45–59 tahun (42,6%). Golongan obat yang paling banyak digunakan adalah diuretik (49,85%), dengan jenis obat terbanyak yaitu Bisoprolol (41,91%) . Dosis obat yang paling banyak digunakan yaitu Furosemid 40 mg (22,05%), Amlodipin 10 mg (22,05%) dan Bisoprolol 5 mg (22,05%). Kombinasi antihipertensi yang paling banyak digunakan adalah: Kombinasi dua obat: ARB + CCB (37,60%), Kombinasi tiga obat: Diuretik + Diuretik + Beta Blocker (43,95%), Kombinasi empat obat: Diuretik + ARB + CCB + Beta Blocker (39,13%). **Simpulan:** Golongan Diuretik, jenis obat Bisoprolol serta dosis obat furosemide 40 mg, Amlodipin 10 mg, Bisoprolol 5 mg paling banyak digunakan dalam pengobatan hipertensi di RSUP dr. Ben Mboi Kupang.

Kata kunci: Bisoprolol, hipertensi, kombinasi obat

**PROFILE OF ANTIHYPERTENSIVE DRUG USE IN OUTPATIENT
PATIENTS AT DR. BEN MBOI HOSPITAL, KUPANG CITY,
OCTOBER - DECEMBER 2024**

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ABSTRACT

Background: Hypertension is a condition in which blood pressure increases, affecting blood flow to the body's tissues and organs. Hypertension is known as the silent killer because it can cause death without any symptoms. RSUP dr. Ben Mboi is a government hospital in Kupang City that provides antihypertensive treatment. This largest referral hospital in NTT provides many of its best facilities to serve patients from various regions in NTT. **Objective:** To determine the profile of antihypertensive drug use in outpatients at Dr. Ben Mboi General Hospital, Kupang City in October - December 2024 based on patient characteristics and drug characteristics. **Method:** Quantitative descriptive retrospectively using outpatient prescriptions undergoing antihypertensive treatment. Samples were taken as many as 272 patient prescriptions using simple random sampling and analyzed univariately and presented in the form of frequencies and percentages. **Results:** The majority of patients were female (53.7%) and aged 45–59 years (42.6%). The most commonly used drug class was diuretics (49.85%), with the most common type of drug being Bisoprolol (41.91%). The most commonly used drug doses were Furosemide 40 mg (22.05%), Amlodipine 10 mg (22.05%) and Bisoprolol 5 mg (22.05%). The most commonly used antihypertensive combinations were: Two-drug combination: ARB + CCB (37.60%), Three-drug combination: Diuretic + Diuretic + Beta Blocker (43.95%), Four-drug combination: Diuretic + ARB + CCB + Beta Blocker (39.13%). **Conclusion:** Diuretic class, Bisoprolol drug type and dosage of furosemide 40 mg, Amlodipine 10 mg, Bisoprolol 5 mg are most widely used in the treatment of hypertension at Dr. Ben Mboi Kupang General Hospital.

Keywords: Bisoprolol, hypertension, drug combination