

EFFECTIVENESS OF PHARMACIST COUNSELING ON ADHERENCE TO ANTIHYPERTENSIVE THERAPY OF HYPERTENSION PATIENTS IN PUSKESMAS NGLETIH

Indah Yuli Antika¹

¹SMK Farmasi Berlian Nusantara

*Corresponding author: indahyuli00@gmail.com

ABSTRACT

Hypertension or high blood pressure is an increase in systolic blood pressure ≥ 140 mmHg or diastolic blood pressure ≥ 90 mmHg in two measurements with an interval of five minutes in a state of rest/quiet. The use of antihypertensive drugs must always be monitored because long-term use of drugs will affect adherence to taking medication and cause further complications or disease severity. Counseling provided by pharmacists is one of the efforts to educate and monitor patient treatment to increase patient compliance in undergoing treatment.

Of the 130 patients who were respondents in this study, before and after being given counseling, their compliance increased by 1.4. There was 1 respondent (0.8%) with a low level of compliance, 50 respondents (38.5%) with a medium level of compliance, and as many as 79 respondents (60.8%).

Keywords : counseling, medication adherence

INTRODUCTION

Hypertension or high blood pressure is an increase in systolic blood pressure ≥ 140 mmHg or diastolic blood pressure ≥ 90 mmHg in two measurements with an interval of five minutes in a resting/calm state. Hypertension is a major risk factor for counseling. Counseling provided by pharmacists is an effort to educate and monitor patient treatment so that it can increase patient compliance in undergoing treatment. In this way, patients can feel the benefits by improving their quality of life and the quality of health services.

Atherosclerosis disease cardiovascular disease, heart failure, stroke and kidney failure. The number of hypertension cases in Kediri City in 2021 reached 20,941, which is included in the 10 most common diseases in Kediri City (BPS Kediri City, 2022). Based on the Health Profile of the Ngletih Community Health Center, the total number of visits by hypertension patients in 2022 will be 1,800 visits, the majority of sufferers being elderly patients aged ≥ 60 years (Ngletih Community Health Center, 2022). The use of antihypertensive drugs must always be monitored because long-term use of the drug will affect compliance

METHODS

This research is a type of quantitative research using a pre-experimental design with a pre-test post-test one group design approach. The population in this study were hypertensive patients seeking treatment at the Ngletih Community Health Center, Kediri City. The sample size in this study was 130 patients using the accidental sampling method. Patient compliance was measured using the Morisky Medication Adherence Scale (MMAS) questionnaire. Data analysis used the Wilcoxon Test and Chi Square Test. taking drugs and causing complications or further severity of the disease. Compliance in using medication can be interpreted as an attitude of following the dosage and advice or suggestions given by the pharmacist in an effort to cure the disease suffered by the patient. Compliance will emerge if the patient can clearly

understand and know how to use the medication that has been given (Herda et al, 2021). Pharmacists can play an active role in managing hypertension therapy, one of which is

RESULTS

This research was conducted over a period of 2 (two) months from May to June 2023 and was carried out prospectively on hypertensive patients at the Ngletih Community Health Center. The subjects who took part in the study from start to finish were 130 hypertensive patients who received counseling treatment. Sampling was carried out using the accidental sampling method. The characteristics of the respondents can be seen in Table 1.

**Table 1. Distribution of Respondent Characteristics for Hypertension Patients at Ngletih Community Health Center
 The Production of Porang Tuber Flour**

Respondent Characteristis	Frequency	Percentage
Gender		
Man	44	34 %
Woman	86	66 %
Age		
45 – 54	38	29 %
55 – 65	71	55 %
≥ 65	21	16 %
Education		
SD	21	16 %
SMP	30	23 %
SMA	79	61 %
Employment		
Work	36	28 %
Doesn't work	94	72 %
Time to Diagnosis		
1 – 5 years	51	39 %
6 – 10 years	53	41 %
≥ 10 years	26	20 %

Source: Primary Data, 2022

DISCUSSION

Based on Table 1, it can be seen that the number of female respondents is greater than male respondents, where of the 130 respondents, the majority are women, 86 people (66%) and 44 male respondents (34%). The majority of respondents in this study were between the age group 55 - 65 years with a total of 71 respondents (55%), aged between 45 - 54 years with a total number of respondents 38 people

(29%), and a minority of respondents in the age group ≥ 65 years with as many respondents as people (16%). The majority of respondents in this study were respondents with an educational level There were 79 people (61%) at high school, followed by 30 people at junior high school (23%), and 21 people at elementary school (16%). The majority of respondents in this study did not work, namely 94 people (72%) and 36 respondents who worked (28%). The number of respondents who suffered from hypertension between 6 - 10 years was greater with 53 people (41%), then between 1 - 5 years as many as 51 people (39%), and 26 people (20%) had suffered from hypertension for more than 10 years.

Counseling is a process carried out to identify and resolve patient problems related to drug use. Counseling aims to provide a correct understanding of drugs to patients and the patient's family regarding the purpose and schedule of treatment, method and duration of drug use, side effects, signs of toxicity and how to store and use drugs (Ministry of Health of the Republic of Indonesia, 2016). Counseling given to patients can increase patient treatment compliance and treatment satisfaction so that it can improve the patient's quality of life (Herda et al, 2021).

The research results show that the percentage of hypertension in women is higher than in men. Gender factors can influence the occurrence of hypertension, especially in women, because one factor is menopause, which women experience when they reach the age of around 45 - 55 years. In line with research (Yunus et al, 2021) which explains that the incidence of hypertension in women is influenced by levels of the estrogen hormone because the levels of the estrogen hormone will decrease

When women enter menopause, women become more susceptible to hypertension. Based on the research results, it can be seen that the majority of hypertensive patients undergoing outpatient treatment at the Ngletih Community Health Center who were respondents in this study were classified as elderly, aged between 55 –65 years old. This is in line with research conducted by (Adam, 2019) which explains that hypertension is prone to occur in individuals over 40 years of age. As an individual ages, the ability of the body's organs, including the cardiovascular system such as the heart and blood vessels, decreases. Large arteries lose flexibility and become stiff so that the blood vessels become narrower and stiffness of the blood vessel walls occurs which causes blood pressure to increase (Adam, 2019).

The success of a treatment is not only influenced by the quality of health services, the attitudes and skills of the staff, the attitudes and lifestyle of the patient and their family, but is also influenced by the patient's compliance with the treatment (Lilis et al, 2019). One effort to increase patient compliance with their medication is by providing counseling carried out by pharmacists. According to WHO, the most important role of a pharmacist is to ensure that patients use medicines appropriately and correctly by carrying out professional activities in the form of patient counseling when handing over medicines and.

In monitoring patient drug use. Counseling provided by pharmacists includes information on drug names, dosages, how to use them, indications, contraindications and side effects. Apart from that, pharmacists at the Ngletih Community Health Center also monitor and evaluate drug use to determine the effectiveness of therapy for patients.

The research results showed that respondents' compliance before being given counseling was an average of 6.1. Before being given counseling, the average patient had low compliance. The average patient compliance after being given counseling has increased to the high category, indicating that the patient is compliant with the information that has been conveyed by the pharmacist or other medical personnel. Medication compliance for hypertensive patients must always be monitored because they can control blood pressure by taking medication regularly, thereby preventing complications and improving the patient's quality of life.

After being given counseling by the pharmacist, the average result was 7.5, which means that patient compliance increased by 1.4. This is because the information provided by pharmacists can be well received so that patient knowledge increases. Compliance will increase if the respondent's knowledge about the disease and how to control the disease is increased simultaneously with understanding about the use of antihypertensive drugs.

Based on the chi square test, it is known that factors are related to compliance, taking medication includes factors such as gender and age, while education, employment and length of diagnosis are not significantly related to medication adherence. Based on the Wilcoxon test, it shows that there is a

significant effect of increasing adherence to taking medication before and after being given counseling with a significant value of 0.000 ($p < 0.05$) and it can be concluded that there is an influence between counseling and adherence to taking medication. The results of this study are in line with research conducted by (Dewi et al, 2015) showing that compliance results were significant between before and after providing counseling. The existence of counseling makes it easier for pharmacists to identify problems and resolve drug-related problems so that patients can comply with their medication therapy correctly. Another study conducted by (Yosi et al, 2013) showed that pharmacist counseling had a significant influence with a p-value of 0.000 ($p < 0.05$) on the compliance of hypertensive patients at Sleman Regional Hospital and compliance had a significant relationship with reducing blood pressure. systolic and diastolic so that the higher the level of compliance, the greater the reduction in blood pressure (Yosi et al, 2013).

CONCLUSION

1. There is a significant influence from providing counseling by pharmacists on compliance with taking medication for hypertension patients at the Ngletih Community Health Center as proven by the Wilcoxon test results which obtained a p-value of 0.000, which is ≤ 0.05 .

2. Of the 130 patients who were respondents in this study, before and after being given counseling, their compliance increased by 1.4. There was 1 respondent (0.8%) with a low level of compliance, 50 respondents (38.5%) with a medium level of compliance, and as many as 79 respondents (60.8%) with a high level of compliance. There is a significant relationship between gender and medication adherence with a p-value of 0.007 ($p < 0.05$). There is also a significant relationship between age and medication adherence with a p-value of 0.017 ($p < 0.05$). There is no significant relationship between education level and medication adherence with a p-value of 0.829. There is no significant relationship between employment level and medication adherence with a p-value of 0.264. There was no significant relationship between the length of diagnosis and adherence to taking medication with a p-value of 0.158

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