

ABSTRACT

Hypertension is a chronic and non-communicable diseases which is a serious problem in Indonesia. According to Riset Kesehatan Dasar in 2013 the prevalence of hypertension is 25.8%. Treatment and good management by controlling the blood pressure is needed to prevent further severity or other organ defects, even death. Because of that, this study designed to observe the characteristics of hypertensive patients in order to determine the demographic, pharmacological therapy, comorbidities and therapeutic efficacy of patients with hypertension in Cardiology Clinic RSUD Dr. Soetomo Surabaya.

This research is a clinical report-descriptive study that observe variable about gender, age, pharmacological therapy, comorbidities, and blood pressure in hypertensive patients in Cardiology Clinic RSUD Dr. Soetomo Surabaya in period of January to June 2015. This is a total sampling research by gathering secondary data via medical records and continued with data tabulation and statistical analysis descriptively.

From total of 65 samples, Samples are dominated by women (67.6%). At age ≥ 65 years, women have a greater percentage (36.4%). The average age is 60.54 years (SD = 11.571). Most age is in the range of 45-64 years. The highest prevalence of treatment that used is a combination of CCB and ARB (30.8%). The drugs that included members of CCB and ARB that mostly used is combination of amlodipine and valsartan. Most existing comorbid is Diabetes Mellitus (20%). The majority of patients achieved blood pressure targets in accordance recommended by JNC 8 (64.6%).

Keywords: *hypertension, characteristic of hypertension*