

## POLA PENGGUNAAN DIURETIK PADA PASIEN GAGAL JANTUNG

(Penelitian Dilaksanakan di Paviliun Jantung RUMKITAL Dr. Ramelan Surabaya)

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### **ABSTRACT**

to pump sufficient blood to meet the metabolic needs of the body. Heart failure is syndrome in which the patients should have the shortness at rest or during exertion, fatigue, signs of fluid retention such as pulmonary congestion and ankle swelling and abnormality of structure or function of the heart at rest. Diuretics are used in patients with heart failure to relieve symptoms of systemic and pulmonary venous congestion

**Aims** This study was aimed to study the use, outcomes and drug related problems of diuretics on heart failure patients at Dr. Ramelan General Hospital of TNI AL Surabaya

**Method** The data was collected using prospective method from medication record, nurse's observation sheet, and interview to 30 patients and analyzed descriptively from period March 28th 2011 to december 30th 2011.

**Result** The result of this study showed that the prevalence of heart failure mostly seen in woman (60%) with average age 60-74 years old (66,67%). Diuretics are used in all heart failure patients to reduce fluid overload caused by the system that is not compensated. Diuretics used are furosemide and spironolactone. As many as 80% of patients received diuretic combination therapy. The most combination is bolus injection of furosemide 3x20mg and spironolactone 1x25mg in 26,67% patients. Diuretics will reduce the clinical symptoms that include shortness, peripheral edema and lowering blood pressure. If the symptoms have started to decrease, the dose of diuretic will be reduced. Side effect of furosemide which mostly appeared was hypokalemia on 13,34% patients and side effect of spironolactone was hyperkalemia on 3,33% patient. The drug interaction were arrhythmia due to usage of furosemid-digoxin, and hyperkalemia due to usage of spironolacton-ACEI.

**Conclusion** diuretics are the primary drug for the treatment of heart failure that need to be monitored to avoid drug-related problems. Pharmacists' role is indispensable to monitor the use of diuretics and in collaboration with other health workers in order to improve the quality of life.

Keyword : Drug Utilization Study, Heart Failure, Diuretic, Drug Related Problems