

## ABSTRACT

### **PRESCRIBED DRUGS PROFILE AND HYPERTENSIVE PATIENTS ADHERENCE (Study in Dukuh Kupang Primary Health Center South Surabaya)**

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Hypertension is a chronic disease that requires long term therapy, so adherence is one of the important factors. At least 50% of patients prescribed antihypertensive drugs do not take the drug as recommended. The aim of this study was to determine the profile of prescribed drugs and the adherence of hypertensive patients in Dukuh Kupang Primary Health center and conducted on March until May 2019 with accidental sampling. 81 hypertensive patients in Dukuh Kupang Primary Health Center met inclusion criteria. Adherence measurement was performed by using three methods: ARMS and pill count for measured the pharmacological therapy adherence and life style questionnaire for measured the non-pharmacological therapy adherence.

The Results showed that antihypertensive drugs that were often prescribed in Dukuh Kupang Health Center were Amlodipine 5 mg in 45 (55.6%) respondent with. Patient adherence measured by using ARMS showed that 75 (92.6%) respondents had high level adherence to related to pharmacological therapy. Meanwhile, patient adherence measured by using pill count found out that 47 (58.0%) respondents were adherent in taking their antihypertensive drugs. Patient adherence measured by using lifestyle questionnaire showed that 57 (70.4%) respondents had high level adherence to related to non-pharmacological therapy.

In conclusion, antihypertensive drugs that were often prescribed in Dukuh Kupang Primary Health Center were a Calcium Channel Blocker (CCB) class drugs and appropriate with the hypertension guideline of JNC 8. Pharmacist has a big responsibility to provide education and monitor related to antihypertensive therapy for maintaining and increasing adherence.

Keywords: adherence, antihypertensive drug, hypertensive patient, primary health center, ARMS, lifestyle, pill count