

ABSTRACT

Drug Utilization Study of Antihypertensive In Elderly Hypertensive Patients with Coronary Heart Disease (Study at Geriatric Clinic Dr. Soetomo Hospital Surabaya)

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Blood pressure in elderly hypertensive patients with coronary heart disease should be controlled to decrease the risk of other complications. The high prevalence of polypharmacy with aged-related changes will increase the tendency of drug related problem (DRP), so it needs a careful consideration of therapy related to patient's condition. This study aims to identify drug utilization pattern and identify actual or potential DRP from the use antihypertensive drugs in elderly hypertensive patients with coronary heart disease at the Geriatric Clinic Dr. Soetomo Hospital Surabaya. This study was an observational-cross sectional study using non-random purposive sampling method. Data were analyzed descriptively based on sex, comorbidities, antihypertensive therapy and DRP. There were 41 samples eligible to the study. The result showed that hypertension and coronary heart disease were more prevalent in men than women. Diabetes mellitus was the highest comorbid. The blood pressure target $\leq 150/90$ mmHg was in 95,12% samples. There were five classes of antihypertensive used including 65,85% β blocker (bisoprolol 1x2,5-5 mg), 19,51% ACEI (lisinopril 1x5 mg, ramipril 1x2,5-5 mg, and captopril 3x25 mg), 70,73% ARB (valsartan 1x80-160 mg, candesartan 1x8-16 mg, telmisartan 1x80 mg, and irbesartan 1x150-300 mg), 31,71% CCB (amlodipine 1x5-10 mg and nifedipine OROS 1x30 mg), and 31,71% diuretic (furosemide 1x20-40 mg and spironolactone 1x25 mg). The DRP that identified in this study were actual side effects and potential drug interactions. In conclusion, antihypertensive use in elderly requires a careful consideration in achieving the desired outcomes. Therefore, it is necessary to have good relationship among pharmacist and clinician in preventing the DRP and improving the quality of patient's life.

Keyword: antihypertensive, hypertensive, coronary heart disease, drug utilization study, elderly, Drug Related Problems