ABSTRAK

Hipertensi merupakan penyakit kronis dengan prevalensi tinggi di Indonesia yang sering memerlukan terapi kombinasi sehingga meningkatkan risiko polifarmasi dan interaksi obat. Polifarmasi, baik minor (2–4 obat) maupun mayor ($\geq$5 obat), dapat menyebabkan efek samping dan mengurangi efektivitas terapi. Penelitian ini bertujuan untuk mengidentifikasi jenis obat antihipertensi yang paling sering digunakan, menganalisis potensi interaksi obat, serta mengevaluasi distribusi tingkat keparahan interaksi obat pada pasien hipertensi rawat jalan di Rumah Sakit Karya Husada. Penelitian dilakukan secara prospektif selama Mei–Juni 2025 dengan metode wawancara pasien dan analisis resep menggunakan *Drug Interaction Checker, Medscape, dan Stockley's Drug Interactions*. Sampel dihitung dengan rumus Slovin dan diperoleh 100 pasien dari populasi 391 pasien hipertensi. Hasil penelitian menunjukkan Amlodipin merupakan obat yang paling banyak digunakan (38,46%), diikuti Candesartan (17,19%) dan Captopril (12,21%). Potensi interaksi obat ditemukan pada 89% resep, dengan distribusi keparahan interaksi: moderat 76,97%, minor 18,61%, dan mayor 6,30%. Kombinasi berisiko tinggi meliputi Candesartan + Captopril, Captopril + Furosemid, serta Amlodipin + Simvastatin. Temuan ini menunjukkan adanya hubungan kuat antara jumlah obat yang dikonsumsi dan risiko interaksi, terutama pada polifarmasi mayor.

Kata Kunci: Antihipertensi, Interaksi Obat, Polifarmasi.

ABSTRACT

Hypertension is a chronic disease with a high prevalence in Indonesia that often requires combination therapy, increasing the risk of polypharmacy and drug interactions. Polypharmacy, both minor (2–4 drugs) and major (≥5 drugs), can cause side effects and reduce the effectiveness of therapy. This study aims to identify the most frequently used antihypertensive drugs, analyze potential drug interactions, and evaluate the distribution of drug interaction severity in outpatients with hypertension at Karya Husada Hospital. The study was conducted prospectively from May–June 2025 using patient interviews and prescription analysis using Drug Interaction Checker, Medscape, and Stockley's Drug Interactions. The sample was calculated using the Slovin formula and obtained 100 patients from a population of 391 hypertensive patients. The results showed that Amlodipine was the most commonly used drug (38.46%), followed by Candesartan (17.19%) and Captopril (12.21%). Potential drug interactions were found in 89% of prescriptions, with the following severity distribution: moderate 76.97%, minor 18.61%, and major 6.30%. High-risk combinations included Candesartan + Captopril, Captopril + Furosemide, and Amlodipine + Simvastatin. These findings suggest a strong association between the number of medications consumed and the risk of interactions, particularly in cases of major polypharmacy.

Keywords: *Antihypertensive, Drug Interactions, Polypharmacy.*