ABSTRAK

Hipertensi saat ini masih menjadi masalah utama di dunia. jumlah penderita hipertensi cederung meningkat tiap tahunnya. Prevalensi Hipertensi meningkat paling cepat di negara berkembang (80% didunia), di mana pengobatan Hipertensi masih sulit untuk dikontrol dan dipahami, sehingga berkontribusi pada meningkatnya epidemi penyakit kardiovaskular. Penelitian ini bertujuan untuk mengevaluasi pengaruh obat antihipertensi terhadap kadar elektrolit serum pada pasien hipertensi. Jenis penelitian ini observasional analitik dengan pendekatan cross sectional, terhadap pengaruh obat antihipertensi jenis *diuretik* dan non jenis *diuretik* pada pasien hipertensi dengan populasi sampel sebanyak 30 sampel. Metode pemeriksaan kadar elektrolit Na+, K+, Cl- yaitu *Ion selective electrolik* (ISE) dengan ketentuan nilai normal natrium 135-145 mmol/L, kalium 3,5-5,5 mmol/L, klorida 94-110 mmol/L. Hasil uji statistik menunjukkan nilai rata-rata yang mengkonsumsi obat antihipertensi jenis *diuretik* kadar natrium 141,06 mmol/L, kalium 4,27 mmol/L, klorida 106,55 mmol/L dan yang mengkonsumsi obat antihipertensi non jenis *diuretik* natrium 137,89 mmol/L, kalium 4,08 mmol/L, klorida 102,29 mmol/L. Dari hasil uji *Kruskal Wallis* didapatkan hasil p-value kadar natrium 0,164, kalium 0,221, klorida 0,046 yang artinya tidak terdapat pengaruh pada pasien hipertensi yang mengkonsumsi obat antihipertensi jenis *diuretik* terhadap kadar elektrolit serum natrium, kalium, akan tetapi terdapat pengaruh yang signifikan terhadap kadar nilai klorida.

Kata kunci : Hipertensi, Kadar (Na+, K+, Cl-), *diuretik*, *Ion selective electrolik*.

ABSTRACT

Hypertension is currently still a major problem in the world. The number of hypertension sufferers tends to increase every year. The prevalence of hypertension is increasing most rapidly in developing countries (80% worldwide), where the treatment of hypertension is still difficult to control and understand, thereby contributing to the increasing epidemic of cardiovascular disease. This study aims to evaluate the effect of antihypertensive drugs on serum electrolyte levels in hypertensive patients. This type of research is analytical observational with a cross sectional approach, on the effect of diuretic and non-diuretic antihypertensive drugs on hypertensive patients with a sample population of 30 samples. The method for examining Na+, K+, Cl- electrolyte levels is selective electrolytic ions (ISE) with normal values for sodium 135-145 mmol/L, potassium 3.5-5.5 mmol/L, chloride 94-110 mmol/L. The results of statistical tests show that the average value for those who consumed diuretic antihypertensive drugs was 141.06 mmol/L, potassium 4.27 mmol/L, chloride 106.55 mmol/L and those who consumed non-diuretic antihypertensive drugs, sodium 137.89 mmol/L, potassium 4.08 mmol/L, chloride 102.29 mmol/L. From the results of the Kruskal Wallis test, the p-value for sodium levels was 0.164, potassium 0.221, chloride 0.046, which means that there was no influence in hypertensive patients who took diuretic antihypertensive drugs on serum electrolyte levels of sodium and potassium, but there was a significant influence on the levels of these values. chloride.

Keywords *: Hypertension, levels (Na+, K+, Cl-), diuretics, selective electrolytic ions*