

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

- 1) Berdasarkan data penelitian didapatkan hasil bahwa pasien hipertensi di Apotek Surabaya Timur memiliki tingkat kepatuhan sebesar 73% (51 pasien) dan pasien yang tidak patuh sebesar 27% (19 pasien). Dapat dikatakan bahwa pasien di Apotek Surabaya Timur tergolong patuh terhadap pengobatan hipertensi yang dijalankan.
- 2) Faktor penyebab kepatuhan di Apotek Surabaya Timur antara lain: Pasien sepenuhnya memahami penjelasan dokter dan petugas apotek, pasien mempercayai dokter dan menyetujui terapi pengobatan bersama dokter, pasien percaya bahwa terapi obat secara teratur dapat membantu pasien mengontrol tekanan darah serta pasien dapat menjalankan pengobatannya rutin setiap hari dalam waktu yang tetap. Faktor penyebab ketidakpatuhan pasien di Apotek Surabaya Timur antara lain: Pasien tidak melanjutkan terapi pengobatan jika sudah merasa sehat, pasien khawatir akan efek samping obat dan segera menghentikan pengobatan apabila timbul efek samping serta pasien sering kali lupa minum obat.

5.2 Saran

- 1) Diperlukan peningkatan dalam menggali informasi penggunaan obat pasien untuk memonitoring dan meningkatkan upaya kepatuhan.
- 2) Perlu dilakukan penelitian lebih lanjut mengenai upaya dalam meningkatkan kepatuhan pasien.

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