

INTISARI

Hipertensi merupakan faktor risiko utama penyakit kardiovaskular yang sering disertai dislipidemia. Penelitian ini bertujuan menganalisis pengaruh intensifikasi regimen antihipertensi dan adherensi terapi terhadap kontrol tekanan darah serta profil lipid pada pasien hipertensi kronis di RSUP Ben Mboi Kupang. Penelitian menggunakan desain kohort retrospektif berdasarkan data rekam medis pasien hipertensi kronis periode Januari–Desember 2025. Sampel penelitian terdiri atas 100 pasien yang memenuhi kriteria inklusi melalui consecutive sampling. Intensifikasi terapi dinilai menggunakan *Therapeutic Intensity Score* (TIS), sedangkan adherensi terapi diukur dengan *Medication Possession Ratio* (MPR). Luaran penelitian meliputi ketercapaian kontrol tekanan darah dan profil lipid. Analisis dilakukan secara univariat dan bivariat.

Hasil penelitian menunjukkan rerata nilai MPR sebesar $0,84 \pm 0,02$, dengan seluruh responden (100%) tergolong patuh ($MPR \geq 80\%$), sebanyak 88% pasien memperoleh intensifikasi terapi antihipertensi dengan rerata TIS $0,08 \pm 0,27$. Seluruh responden (100%) mencapai target tekanan darah dengan rerata tekanan darah sistolik $128,00 \pm 1,64$ mmHg dan diastolik $79,86 \pm 2,12$ mmHg, namun pada sebagian besar responden (88%) masih memiliki kadar kolesterol total di atas target, sedangkan kadar trigliserida seluruh responden berada dalam batas normal. Kesimpulan bahwa intensifikasi regimen terapi antihipertensi dengan nilai adherensi terapi yang tinggi berkontribusi terhadap tercapainya kontrol tekanan darah pada pasien hipertensi kronis. Keberhasilan pengendalian tekanan darah belum diikuti oleh perbaikan profil lipid, terutama kadar kolesterol total, sehingga pengelolaan hipertensi perlu dilakukan secara komprehensif melalui optimalisasi terapi antihipertensi, peningkatan kepatuhan pasien, pemantauan profil lipid secara berkala, serta intervensi gaya hidup dan terapi penurun lipid untuk menurunkan risiko komplikasi kardiovaskular

Kata Kunci: Intensifikasi terapi, Hipertensi, Kepatuhan, Profil lipid, *Therapeutic Intensity Score* (TIS) dan *Medication Possession Ratio* (MPR).

ABSTRACT

Hypertension is a major risk factor for cardiovascular disease, often accompanied by dyslipidemia. This study aims to analyze the effect of intensifying antihypertensive regimens and therapy adherence on blood pressure control and lipid profiles in chronic hypertensive patients at RSUP Ben Mboi Kupang. The study used a retrospective cohort design based on medical record data of chronic hypertension patients from January to December 2025. The research sample consisted of 100 patients who met the inclusion criteria thru consecutive sampling. Therapeutic intensification was assessed using the Therapeutic Intensity Score (TIS), while therapy adherence was measured with the Medication Possession Ratio (MPR). The research outcomes include the achievement of blood pressure control and lipid profile. The analysis was conducted univariately and bivariately.

The research results show an average MPR value of 0.84 ± 0.02 , with all respondents (100%) classified as adherent ($MPR \geq 80\%$). As many as 88% of patients received intensified antihypertensive therapy with an average TIS of 0.08 ± 0.27 . All respondents (100%) achieved the blood pressure target with an average systolic blood pressure of 128.00 ± 1.64 mmHg and diastolic blood pressure of 79.86 ± 2.12 mmHg. However, the majority of respondents (88%) still had total cholesterol levels above the target, while the triglyceride levels of all respondents were within the normal range. Conclusion that the intensification of antihypertensive therapy regimens with high therapy adherence contributes to achieving blood pressure control in patients with chronic hypertension. The success of blood pressure control has not been accompanied by an improvement in the lipid profile, particularly total cholesterol levels, so hypertension management needs to be conducted comprehensively thru the optimization of antihypertensive therapy, increased patient adherence, regular monitoring of the lipid profile, as well as lifestyle interventions and lipid-lowering therapy to reduce the risk of cardiovascular complications.

Kata Kunci : Therapy intensification, Hypertension, Compliance, Lipid profile, *Therapeutic Intensity Score (TIS)* dan Medication Possession Ratio (MPR).