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## Description Of The Use Heart Medicine Based On Medical Records

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### Abstract

Cardiovascular disease (CVD) ranks first as a cause of death in the world, more than any other disease. Cardiovascular disease is a non-communicable disease that most often causes death. Cardiovascular disease is still a global health problem. This type of research was conducted descriptively with a retrospective approach which aims to describe the characteristics of patients and heart disease medications in outpatient BPJS patients at HKBP Balige General Hospital based on medical records for the period January-February 2022. The results showed that by gender, namely in 57% for men and 43% for women. Patient characteristics based on age are 26-35 years 3%, 36-45 years 10%, 46-55 years 27%, 56-65 years 28%, 66 years and over as much as 32%. Characteristics based on the type of drug, namely bisoprolol 26%, Candesartan 15%, Furosemide 13%, Spironolactone 10%, Nitokaf Retard 8%, Amlodipine 6%, Digoxin 6%, atorvastatin 5%, Simarc 5%, Aptom 3%, Simvastatin 2%, and ISDN 1%. Conclusion: There are 12 types of drugs used in medical records, including Amlodipine, Furosemide, Spironolactone, Aptom, Simvastatin, Atorvastatin, Bisoprolol, Nitroka retard, ISDN, Candesartan, Digoxin, Simarc.

**Keywords:** Types of Drugs, Heart Disease, Medical Records

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## INTRODUCTION

Health is a state of physical, mental and social well-being which enables everyone to live productively socially and economically. Efforts to maintain and improve health are manifested in a health service facility called a health facility (Dwi Miswara and Wibawa 2019). The heart is the most important organ in circulation which functions to pump blood throughout the body to meet the body's metabolic needs at all times, both at rest and at work. Cardiovascular disease or cardiovascular disease (CVD) ranks first as a cause of death in the world, more than any other disease (Lina and Saraswati 2020).

Data obtained from (WHO 2013) states that the death rate due to cardiovascular disease is 17.7 million people each year and 31% is the cause of all global deaths. According to the Republic of Indonesia Ministry of Health 2019, Indonesia will also experience an increase in cardiovascular disease sufferers and this condition will create a burden of morbidity, disability and socio-economic burden for sufferers' families, society and the country. Based on Riskesdas 2013 data, patients with coronary heart disease, heart failure and stroke are mostly found in the age group of 45-54 years, 55-64 years and 65-74 years.

The choice of drug type will greatly determine the quality of drug use in the selection of therapy, various drug options are currently available so careful considerations are needed in selecting drugs especially in matters relating to the heart (Gabriella N. Taroreh, Deby Mpila 2017). There are various classes of drugs used in cardiac treatment including Calcium Channel Blockers, Diuretics, Antiplatelets, Statins, Beta Blockers, Nitrates, Angiotensin Converting Enzym Inhibitors (ACE-I), Angiotensin II Receptors, Anticoagulants and Cardiac Glycosides (Wulandari Nurmainah, and Robiyanto 2015).

Based on the results of medical record recapitulation data sources, there were 98 cases of heart disease in BPJS outpatient patients at HKBP Balige General Hospital, so based on the above explanation it is necessary to conduct research to describe Cardiac Medication in BPJS Outpatient Patients at HKBP Balige Hospital Based on Period Medical Records January-February 2022”

## RESEARCH METHODS

The research design used was descriptive research with a retrospective approach, namely a study that aims to describe or describe a situation objectively (Supardi, Sudibyo. 2014). This study aims to determine the description of heart medication in BPJS outpatient patients at HKBP Balige General Hospital based on medical records for the January-February 2022 period.

The population used in this study were all medical record books of outpatient BPJS heart disease at Balige HKBP General Hospital based on medical records for the January-February 2022 period totaling 129 cases, so the sample taken in this study was part of the medical record books of BPJS outpatient patients. with heart disease at HKBP Balige General Hospital for the January-February 2022 period, a total of 98 cases based on the slovin formula.

The data collection technique used in this study was stratified random sampling. Stratified random sampling is a technique of obtaining the population in each of the same strata. Where the number of samples taken in January was 56 cases and the number of samples taken in February was 42 cases.

The research instrument used to collect data in this study was a data collection format designed by the researchers themselves and data analysis in this study was carried out descriptively by describing heart medication in BPJS outpatient patients at RSU HKBP Balige in January - February 2022 presented in the form graphs and tables of frequency distribution.

## RESULTS AND DISCUSSION

The number of medical records used in this study were 98 medical records. The characteristics of the patient are as follows.

**Table 1. Characteristics of patients based on gender**

No.	Gender	Number of Patients		Percentage		Average percentage
		January	February	January	February	
1	Male	30	25	53,6%	59,5%	57%
2	Female	26	17	46,4%	40,5%	43%
<b>Total</b>		<b>56</b>	<b>42</b>	<b>100%</b>	<b>0%</b>	<b>100%</b>

**Table 2. Characteristics of patients by age**

No.	Age Range	Number of Patients		Percentage		Average percentage
		Januar y	Februar y	January	Februar y	
1	26-35	3	0	5,4%	0,0%	3%

2	36-45	5	5	8,9%	11,9%	10%
3	46-55	11	15	19,6%	35,7%	27%
4	56-65	17	10	30,4%	23,8%	28%
5	66 keatas	20	12	35,7%	28,6%	32%
<b>Total</b>		<b>56</b>	<b>42</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

**Table 3. Patient characteristics based on drug type**

No	Medicine name	Drug amount		Percentage		Average percentage
		January	February	January	February	
1	Amlodipine	11	6	7%	5%	6%
2	Furosemide	26	11	17%	10%	13%
3	Spironolactone	14	12	9%	11%	10%
4	Aptor	5	4	3%	4%	3%
5	Simvastatin	3	2	2%	2%	2%
6	Atorvastatin	6	7	4%	6%	5%
7	Bisoprolol	42	28	27%	25%	26%
8	Nitrokaf retard	6	13	4%	12%	8%
9	ISDN	2	1	1%	1%	1%
10	Candesartan	27	15	17%	13%	15%
11	Digoxin	9	7	6%	6%	6%
12	Simarc	6	7	4%	6%	5%
<b>Total</b>		<b>157</b>	<b>113</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

Patient characteristics based on patient sex in table 1 show that in January 2022 the incidence of heart disease in men was greater, namely as many as 30 people compared to women, namely as many as 26 people out of 56 patients, in February 2022 the incidence of heart disease in males are also larger, namely as many as 25 people compared to women, namely as many as 17 people from a total of 42 patients.

The results of the research conducted showed that there were more male respondents because men have a higher risk of disease; heart failure due to a poor lifestyle can put men at higher risk of developing heart disease. Patient characteristics based on patient age in table 2 show that the highest age for heart disease in January 2022 is age 66 and older with 20 cases, followed by ages 56-65 with 17 cases, ages 46-55 with 11 cases, age 36 -45 as many as 5 cases, aged 26-35 as many as 3 cases. Meanwhile, in February 2022 there were 12 cases aged 66 years, 10 cases aged 56-65, 15 cases aged 46-55, 5 cases aged 36-45, and none at ages 26-35. The results of a study in Germany conducted by (Hasanah et al. 2021) on 3045 respondents diagnosed with heart disease with a percentage of 80% of respondents aged 60 to 79 years.

This is similar to research conducted (Hamzah 2017) which showed around 556 respondents with a history of heart disease with the lowest prevalence between 30 to 34 years (1.44%), and the highest prevalence between 60 to 70 years (26.98%) .

Based on the characteristics of the types of drugs used for outpatient BPJS patients with heart disease at HKBP Balige General Hospital based on medical management for heart disease patients in

January-February 2022 are Calcium Channel Blockers, Diuretics, Antiplatelets, Statins, Beta blockers, Nitrate Group, ACE- Inhibitors, Angiotensin II Receptor Antagonists, Cardiac Glycosides and Anticoagulants. There are many aspects that must be considered in choosing drugs for heart patients because heart medicines are usually used for the long term and even for a lifetime so that the level of safety and effectiveness of the drug is considered (Doctor, Cardiovascular, and Third 2015). The total number of patients using types of drugs in January-February, namely the use of 1 type of drug by 13 patients, the use of 2 types of drugs by 31 patients, the use of 3 types of drugs by 31 patients, the use of 4 types of drugs by 16 patients, the use of 5 types of drugs by 5 patients, the use of 6 types of drugs as many as 2 patients.

## CONCLUSION

Characteristics of BPJS outpatient patients at HKBP Balige General Hospital for the January-February period based on gender, namely 55 cases (57%) in men and 43 cases (43%) in women, based on age, namely 26-35 years old, 3 cases ( 3%), 36-45 years 10 cases (10%), 46-55 years 26 cases (27%), 56-65 years 27 cases (28%), 66 years and over 32 cases (32%) and based on the type of drug, namely bisoprolol as many as 70 types of drugs (26%), Candesartan 42 types of drugs (15%), Furosemide 37 types of drugs (13%), Spironolactone 26 types of drugs (10%), Nitokaf Retard 19 types of drugs (8%), Amlodipine 17 types of drugs (6%), Digoxin 16 types of drugs (6%), atorvastatin 13 types of drugs (5%), Simarc 13 types of drugs (5%), Aptom 9 types of drugs (3%), Simvastatin 5 types of drugs (2 %), and ISDN 3 types of drugs (1%).

So for future researchers it is hoped that they can carry out ongoing research with the evaluation category of choosing heart drugs so that researchers can directly observe the patient's condition.

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