

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan terhadap 56 responden pasien hipertensi mengenai pengaruh *medication therapy managemen* (MTM) terhadap kepatuhan dan keberhasilan terapi pasien hipertensi di Puskemas X dapat disimpulkan bahwa:

1. Pemberian intervensi layanan MTM berpengaruh meningkatkan kepatuhan pada pasien hipertensi secara signifikan
2. Pemberian intervensi layanan MTM berpengaruh terhadap keberhasilan sehingga mengalami penurunan pada tekanan darah pasien secara signifikan.

5.2 Saran

Saran yang dapat diberikan melalui penelitian ini yaitu:

1. Pasien lebih aktif dalam menjaga pola makan dan mengurangi stres karena hal ini merupakan faktor resiko terjadinya hipertensi dan akan berpengaruh pada keberhasilan terapi hipertensi.
2. Metode yang dilakukan untuk *medication therapy management* dapat dilakukan dengan cara lain misalnya kalender stiker, atau kalender coret (dibuat lebih singkat dan tidak banyak tulisan). Hal ini untuk meminimalisasi beberapa pasien lansia yang mengalami kendala dalam menulis dan membaca
3. Tenaga kesehatan dan pihak keluarga dapat memberi konseling, informasi, edukasi dan motivasi lebih terhadap permasalahan minum obat dan kepatuhan pada pasien hipertensi.

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