



CERTIFICATE OF ATTENDANCE



This is to certify that

Dr. med. dr. Abraham Simatupang, MKes.

has participated in 15th Scientific Meeting of Indonesian Society of Hypertension 2021

InaSH Goes Virtual

RECENT CONDITION OF HYPERTENSION AND BEYOND

February 27 - 28, 2021

as

PARTICIPANT

Tunggul D. Situmorang, MD

President

Indonesian Society of Hypertension

Frits R.W. Suling, MD

Chairman

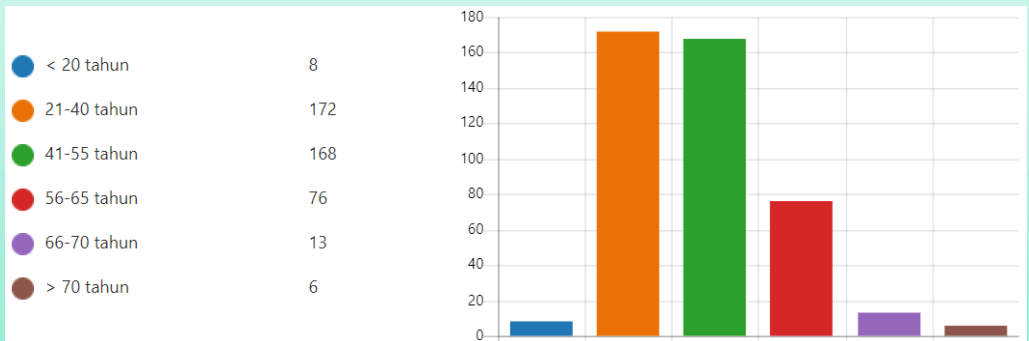
The 15th Scientific Meeting of InaSH

Introduction: Hypertension is one of the non-communicable diseases that is becoming a global problem. Hypertension is characterized by systolic blood pressure of 140 mmHg and diastolic 90 mmHg (according to JNC VIII). According to Basic Health Research (Riskesdas 2018) the prevalence of hypertension for >18 years is 8.4%. According to measurements taken in health care facilities by 34.1%. Prevalence in the city was 34.4%, in the village it was 33.7%, while according to male sex 31.3% and female 36.9%.

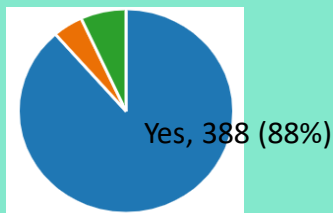
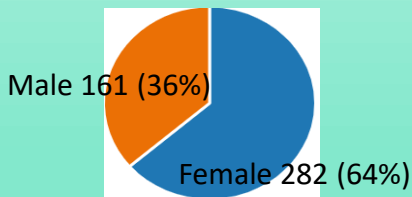
Objective & Method: The purpose of the study was to find out the knowledge and awareness of laypeople on hypertension. This cross-sectional online study is equipped with 11 questions developed in Google form. Respondents were recruited from social media groups through snow-ball approach.



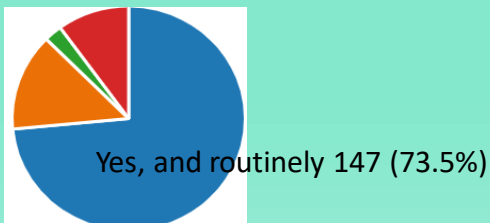
Results:



Demography of Respondents – Gender & Age (n = 443)

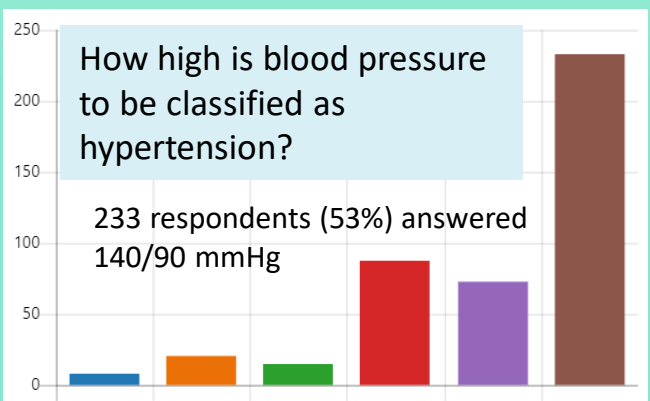


• Does hypertension need regular therapy?



• When you are diagnosed with hypertension do you take medication as directed by your doctor?

- Please mention hypertensive medications that you know:



- Yes, but not routinely 28 (14%)
- I would prefer herbal medicine 20 (10%)
- No need to take medicine 5 (2.5%)

Amlodipine (109), Captopril (68), Candesartan (51), Bisoprolol (44), HCT (34), Furosemide (31).

Paracetamol (5), Omeprazole (8), Omega 3 (10), Prednisone (3), Adrenaline (7)
Do not know (61).

Discussion – Conclusion: Respondents have a good understanding on hypertension, its therapy and complications. However, information related to hypertension and behavior is still needed so that the prevalence of hypertension can be lowered.

References:

- Kesehatan K. Hasil Utama Riskesdas. 2018.
- Kotwani P, Kwarisiima D, Clark TD, Kabami J, Geng EH, Jain V, et al. Epidemiology and awareness of hypertension in a rural Ugandan community: A cross-sectional study. BMC Public Health. 2013;13(1).



Universitas Kristen Indonesia Fakultas Kedokteran

SURAT TUGAS

Nomor : 65 /UKI.F5.D/PPM.2.2/2020

Dalam rangka melaksanakan Tridharma Perguruan Tinggi dan meningkatkan kualitas staf pengajar, maka dengan ini Dekan Fakultas Kedokteran Universitas Kristen Indonesia menugaskan staf pengajar tersebut di bawah ini :

1. Dr. med. dr. Abraham Simatupang, M.Kes
2. Fransiska Sitompul, Ssi, Msi, Apt
3. Dr. Linggom Kurniaty Tobing, Sp.FK

Untuk melakukan penelitian dengan judul "*Pemahaman Masyarakat Tentang Hipertensi dan Pengobatannya*"

Demikian surat tugas ini diberikan kepada yang bersangkutan agar kiranya dapat dilaksanakan dengan sebaik-baiknya.

Jakarta, 29 Januari 2021

Plt. Dekan,



[Handwritten Signature]
Dr. dr. Forman Erwin Siagian, M.Biomed
Wakil Dekan I Bidang Akademik