

Risk Factors Analysis of Hypertension Based on Medical Records of Inpatients at Citra Husada Hospital

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ABSTRACT

Hypertension, defined by a systolic blood pressure above 140 mmHg and a diastolic blood pressure above 90 mmHg, has seen an upward trend at Citra Husada Hospital, Jember, from 2021 to 2023. This study investigates the relationship between various risk factors age, gender, family history, obesity, smoking, and alcohol consumption and hypertension incidence using inpatient medical records. Employing an analytical observational design with a case-control approach and secondary data, the study analyzes 188 fully documented medical records. Based on sample size calculations, 126 case samples and 126 control samples were selected through simple random sampling. Data analysis, conducted using univariate and bivariate methods with the chi-square test, reveals significant associations between hypertension and age ($p\text{-value} = 0.000$), obesity ($p\text{-value} = 0.037$), and smoking history ($p\text{-value} = 0.045$). Conversely, no significant associations were found for gender ($p\text{-value} = 0.257$), family history ($p\text{-value} = 0.498$), and alcohol consumption history ($p\text{-value} = 1.000$). The findings suggest that being aged ≥ 45 years, obesity, and a history of smoking are key risk factors for hypertension. The community is encouraged to adopt a healthy lifestyle to manage these risk factors.

Keywords : *Hypertension, Medical Records, Risk Factors*