

ABSTRAK

HUBUNGAN DERAJAT HIPERTENSI DENGAN RISIKO STROKE BERDASARKAN SKOR RISIKO QRISK3 PADA PASIEN HIPERTENSI DI PUSKESMAS BULELENG 1

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Latar Belakang: Hipertensi merupakan salah satu faktor utama terjadinya stroke. Derajat hipertensi yang semakin tinggi berpotensi meningkatkan risiko stroke. Namun, penilaian risiko stroke pada pasien hipertensi belum banyak dilakukan menggunakan skor QRISK3 (*QResearch Risk Estimator version 3*), khususnya di tingkat pelayanan kesehatan primer seperti Puskesmas Buleleng 1. Hal ini menimbulkan kebutuhan penelitian untuk mengetahui hubungan derajat hipertensi dengan risiko stroke berdasarkan skor tersebut. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara derajat hipertensi dengan risiko stroke berdasarkan skor QRISK3 pada pasien hipertensi di Puskesmas Buleleng 1. **Metode:** penelitian ini menggunakan desain kuantitatif analitik observasional dengan pendekatan *cross sectional* pada 82 pasien hipertensi di Puskesmas Buleleng 1, yang dipilih melalui teknik *consecutive sampling*. Data dikumpulkan melalui pengukuran tekanan darah serta pengisian kuesioner sesuai komponen pada kalkulator QRISK3 yang telah tervalidasi dan diterjemahkan ke dalam bahasa Indonesia. Dilakukan uji statistik deskriptif dan uji statistik *Spearman Rho*. **Hasil:** Rata-rata responden memiliki tekanan darah sistolik sebesar 141 yang termasuk kategori hipertensi derajat 2, dan skor risiko penyakit kardiovaskular termasuk stroke sebesar (20,2%) yang termasuk dalam kategori tinggi. Uji korelasi *Spearman Rho* menunjukkan terdapat hubungan yang bermakna antara derajat hipertensi dengan risiko stroke berdasarkan skor risiko QRISK3 pada pasien hipertensi di Puskesmas Buleleng 1 ($r = 0,229$; $p = 0,039$), dengan arah hubungan positif dan kekuatan korelasi lemah. **Kesimpulan:** Derajat hipertensi berhubungan secara signifikan dengan risiko stroke berdasarkan skor QRISK3. Sehingga penilaian risiko stroke penting diterapkan pada pasien hipertensi di pelayanan kesehatan primer.

Kata Kunci: Hipertensi, QRISK3, tekanan darah, stroke

ABSTRACT

THE RELATIONSHIP BETWEEN HYPERTENSION SEVERITY AND STROKE RISK BASED ON THE QRISK3 CALCULATOR AMONG HYPERTENSIVE PATIENTS AT PUSKESMAS BULELENG 1

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Background: Hypertension is one of the main risk factors for stroke. Higher grades of hypertension are potentially associated with an increased risk of stroke. However, assessment of stroke risk in hypertensive patients using the QRISK3 score (QResearch Risk Estimator version 3) has not been widely conducted, particularly at the primary health care level, such as Puskesmas Buleleng 1. This condition highlights the need for research to determine the relationship between the degree of hypertension and stroke risk based on this score. **Objective:** This study aimed to determine the relationship between the degree of hypertension and stroke risk based on the QRISK3 score among hypertensive patients at Puskesmas Buleleng 1. **Methods:** This study employed a quantitative analytic observational design with a cross-sectional approach involving 82 hypertensive patients at Puskesmas Buleleng 1, selected using a consecutive sampling technique. Data were collected through blood pressure measurements and completion of questionnaires according to the components of the QRISK3 calculator, which has been validated and translated into Indonesian. Descriptive statistical analysis and Spearman's Rho correlation test were performed. **Results:** On average, respondents had a systolic blood pressure of 141 mmHg, which is classified as grade 2 hypertension, and a cardiovascular disease risk score of 20.2%, which falls into the high-risk category. Spearman's Rho correlation test showed a statistically significant relationship between the degree of hypertension and stroke risk based on the QRISK3 score among hypertensive patients at Puskesmas Buleleng 1 ($r = 0.229$; $p = 0.039$), with a positive direction and weak correlation strength. **Conclusion:** The degree of hypertension is significantly associated with stroke risk based on the QRISK3 score. Therefore, stroke risk assessment is important to be implemented in hypertensive patients at the primary health care level.

Keywords: Hypertension, QRISK3, blood pressure, stroke