

Intisari

Kualitas Hidup Pasien *Attention-Deficit/Hyperactivity Disorder* (ADHD) dengan Komorbid *Specific Learning Disorder* (SLD)

Windy Oliviany*, Mei Neni Sitaresmi, Madarina Julia

Departemen Ilmu Kesehatan Anak, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan
RSUP Dr. Sardjito / Universitas Gadjah Mada

Jurusan Ilmu Kesehatan Anak, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan
RSUP Dr.Sardjito/Universitas Gadjah Mada. Alamat : Jl. Kesehatan No.1, Senolowo, Sinduadi,
Mlati, Sleman, Yogyakarta, Indonesia. Telp. +62274 631190. Alamat email: ween_the@yahoo.com

Latar belakang. *Attention-Deficit/Hyperactivity Disorder* (ADHD) adalah gangguan neuro-developmental yang sering dijumpai pada anak. ADHD ditandai dengan tiga gejala berupa inatensi, hiperaktif, dan impulsivitas. ADHD dapat menimbulkan masalah dan mempengaruhi kehidupan anak. Deteksi dini yang diikuti intervensi yang tepat akan memberikan prognosis lebih baik.

Presentasi Kasus. Anak laki-laki berusia 5 tahun 10 bulan terdiagnosis ADHD tipe hiperaktif remisi parsial berdasarkan kriteria diagnostik ADHD pada DSM-5 untuk kriteria A (inatensi) memenuhi 4 gejala dan kriteria B (hiperaktif/impulsif) memenuhi 5 gejala. Pasien juga terdiagnosis gangguan bahasa ekspresif dan risiko tinggi disleksia. Pada akhir pemantauan saat usia anak 7 tahun muncul komorbid *Specific Learning Disorder* (SLD). Penatalaksanaan meliputi terapi medikamentosa dengan metilfenidat, terapi perilaku, dan akomodasi sekolah. Kualitas hidup pasien mengalami peningkatan setelah diberikan intervensi, dinilai dengan PedsQL versi 4.0 pada awal pengamatan didapatkan nilai total kualitas hidup pasien adalah 68,75 % dan pada akhir pengamatan meningkat menjadi 78,75%.

Kesimpulan. Kualitas hidup pasien ADHD dengan komorbid SLD meningkat dengan terapi, pemantauan dan intervensi yang tepat, sehingga mendapatkan luaran jangka panjang lebih baik.

Kata kunci: ADHD, SLD, Metilfenidat, Kualitas Hidup

Abstract

Quality of Life of An Attention-Deficit/Hyperactivity Disorder (ADHD) Patient with Comorbid Specific Learning Disorder (SLD)

Windy Oliviany*, Mei Neni Sitaresmi, Madarina Julia

Department of Pediatrics, Faculty of Medicine, Public Health, and Nursing Dr. Sardjito Hospital/
Universitas Gadjah Mada

Department of Pediatrics, Faculty of Medicine, Public Health, and Nursing Dr.Sardjito Hospital/
Universitas Gadjah Mada. Address : Jl. Kesehatan No.1, Selowo, Sinduadi, Mlati, Sleman,
Yogyakarta, Indonesia. Tel. +62274 631190. Email address: ween_the@yahoo.com

Background. *Attention-Deficit/Hyperactivity Disorder*(ADHD) is a neuro-developmental disorder that is often found in children. ADHD is characterized by three symptoms: inattention, hyperactivity, and impulsivity. ADHD can cause problems and affect a child's life. Early detection followed by appropriate intervention will give a better prognosis.

Case Presentation. A boy aged 5 years 10 months was diagnosed as ADHD hyperactivity type in partial remission based on the DSM-5 ADHD diagnostic criteria for criteria A (intentional) meeting 4 symptoms and criteria B (hyperactivity/impulsivity) meeting 5 symptoms. The patient was also diagnosed with expressive language disorder and a high risk of dyslexia. At the end of the monitoring when the child was 7 years old, a comorbid Specific Learning Disorder (SLD) appeared. Management includes medical therapy with methylphenidate, behavioral therapy, and school accommodation. The patient's quality of life has increased after being given the intervention, assessed by PedsQL version 4.0 at the beginning of the observation, the total value of the patient's quality of life was 68.75% and at the end of the observation it increased to 78.75%.

Conclusion. The quality of life of ADHD patients with comorbid SLD improves with appropriate therapy, monitoring and intervention, thus getting a better long-term outcome.

Keywords: ADHD, SLD, Methylphenidate, Quality of Life