

## ANALISIS FAKTOR-FAKTOR RISIKO *READMISSION* PADA PASIEN DENGAN PENYAKIT JANTUNG KORONER DI RUANG RAWAT INAP JANTUNG: *CASE CONTROL STUDY*

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### INTISARI

**Latar belakang:** Prevalensi penyakit jantung koroner (PJK) dan mortalitas yang berkaitan dengannya terus meningkat. Berbagai studi telah dilakukan untuk mengidentifikasi faktor risiko PJK. Penelitian terkait hal ini di Indonesia masih jarang dilaporkan, sedangkan PJK merupakan salah satu penyakit yang sering melakukan *readmission* di Rumah Sakit.

**Tujuan:** Mengetahui faktor-faktor risiko *readmission* dalam 3 bulan pada pasien dengan PJK di ruang rawat inap jantung.

**Metode:** Penelitian analitik observasional dengan rancangan *case control study*. Analisis data menggunakan uji kandidat yang terdiri dari uji bivariat *chi square* dan seleksi, serta uji multivariat menggunakan regresi logistik berganda. Instrumen penelitian menggunakan lembar observasi dan kuesioner MMAS-8. Sampel penelitian adalah pasien dengan PJK yang di rawat di ruang rawat inap jantung dan pasien PJK yang kontrol di poliklinik jantung. Total sampel yang digunakan sebanyak 75 sampel dengan 25 kasus dan 50 kontrol.

**Hasil:** Hasil uji kandidat ditemukan faktor yang lolos seleksi ( $p > 0,25$ ) adalah usia ( $p = 0,211$ ), aktivitas fisik kurang ( $p = 0,024$ ), riwayat hipertensi ( $p = 0,145$ ), riwayat gagal ginjal kronis (GGK) ( $p = 0,222$ ) dan riwayat penyakit paru obstruksi kronis (PPOK) ( $p = 0,075$ ). Hasil analisis multivariat diketahui kelima variabel yang diteliti memiliki nilai  $p > 0,05$  yaitu usia ( $p = 0,222$ ), aktivitas fisik kurang ( $p = 0,165$ ), riwayat hipertensi ( $p = 0,388$ ), riwayat GGK ( $p = 0,684$ ) dan riwayat PPOK ( $p = 0,187$ ).

**Kesimpulan:** Dari 13 variabel yang diteliti, tidak ditemukan variabel yang berpengaruh signifikan terhadap kejadian *readmission* pada pasien PJK di ruang rawat inap jantung RSUP dr. Sardjito Yogyakarta.

**Kata Kunci:** Penyakit jantung koroner, faktor risiko, *readmission*, *readmission* pada pasien PJK.

## ANALYSIS OF READMISSION RISK FACTORS IN PATIENTS WITH CORONARY HEART DISEASE IN THE CARDIAC INPATIENT WARD: CASE CONTROL STUDY

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### ABSTRACT

**Background:** The prevalence of coronary heart disease (CHD) and the mortality associated with it continues to increase. Various studies have been conducted to identify the risk factors for CHD. Research related to this in Indonesia is still rarely reported, while CHD is one of the diseases that often carries out readmission in hospitals.

**Objective:** To determine the risk factors for readmission in 3 months in patients with CHD in the cardiac inpatient ward.

**Methods:** Observational analytic research with case control study design. Data analysis used a candidate test consisting of chi square bivariate test and selection, as well as a multivariate test using multiple logistic regression. The research instrument used an observation sheet and the MMAS-8 questionnaire. The research sample was patients with CHD who were treated in the cardiac inpatient ward and CHD patients who were controlled at the cardiac polyclinic. The total sample used was 75 samples with 25 cases and 50 controls.

**Results:** The results of the candidate test found that factors that passed the selection ( $p > 0.25$ ) were age ( $p = 0.211$ ), lack of physical activity ( $p = 0.024$ ), history of hypertension ( $p = 0.145$ ), history of chronic kidney failure (CKD) ( $p = 0.222$ ) and history of chronic obstructive pulmonary disease (COPD) ( $p = 0.075$ ). The results of the multivariate analysis revealed that the five variables studied had a  $p$  value  $> 0.05$ , namely age ( $p = 0.222$ ), physical inactivity ( $p = 0.165$ ), history of hypertension ( $p = 0.388$ ), history of CRF ( $p = 0.684$ ) and history of COPD ( $p = 0.187$ ).

**Conclusion:** Of the 13 variables studied, there were no variables that had a significant effect on the incidence of readmission in CHD patients in the cardiac inpatient ward of RSUP dr. Sardjito Yogyakarta.

**Keywords:** Coronary heart disease, risk factors, readmission, readmission in CHD patients.