

## INTISARI

*Coronavirus disease 2019* (COVID-19) merupakan penyakit yang disebabkan oleh virus *Severe Acute Respiratory Syndrome Coronavirus 2* (SARS-CoV-2) dengan gejala utama demam, batuk, dan sesak. Penelitian ini bertujuan untuk memberikan gambaran karakteristik, regimen terapi, dan luaran pasien COVID-19 yang dirawat pada periode Maret – Agustus 2020 di Rumah Sakit Akademik Universitas Gadjah Mada Yogyakarta yang merupakan salah satu rumah sakit rujukan COVID-19 di Yogyakarta.

Penelitian ini merupakan penelitian deskriptif dengan desain *case series*. Data dalam penelitian ini dikumpulkan melalui rekam medik pasien dengan Teknik pengambilan data *purposive sampling* yang dilakukan pada bulan November 2020 – Januari 2021. Jumlah populasi secara keseluruhan ditemukan sebanyak 52 pasien. Kriteria inklusi dalam penelitian ini adalah berusia  $\geq 18$  tahun dengan diagnose utama COVID-19, mendapatkan terapi dalam periode 1 Maret – 31 Agustus 2020, pasien dengan hasil tes RT-PCR positif dan memiliki data rekam medik yang lengkap. Jumlah pasien yang memenuhi kriteria inklusi adalah 24 pasien yang selanjutnya dianalisis secara deskriptif.

Derajat keparahan pasien COVID-19 yang didapat dalam penelitian ini adalah tanpa gejala (25%), ringan (37,5%), sedang (29,2%), dan berat (8,3%). Gejala batuk merupakan gejala yang paling banyak dialami pasien (62,5%) diikuti demam (37,5%). Gejala lain yang juga dialami oleh pasien antara lain sesak (16,7%), pilek (12,5%), pusing (8,3%), sakit tenggorokan (8,3%), mual (8,3%), dan myalgia (4,2%). Hasil data karakteristik laboratorium pasien menunjukkan nilai hitung leukosit, limfosit, dan trombosit normal, nilai hitung neutrofil dan *Neutrofil to Lymphocyte Ratio* (NLR) meningkat. Terapi yang diterima pasien secara keseluruhan sama yaitu 91,7% menerima antibiotik, 4,2% menerima antivirus, 75% menerima klorokuin/hidroksiklorokuin, 12,5% menerima kortikosteroid, 16,7% menerima antikoagulan, dan 100% pasien menerima suplemen. Luaran pasien dalam penelitian ini adalah 20,8% pasien sembuh dan 79,2% membaik. Penelitian lebih lanjut dengan jumlah sampel yang lebih besar diperlukan agar bisa memberikan gambaran yang lebih luas dan menyeluruh.

**Kata kunci:** COVID-19, karakteristik, regimen terapi, luaran klinik, Yogyakarta.

## ABSTRACT

*Coronavirus disease 2019 (COVID-19) is caused by the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) virus with the main symptoms of fever, cough, and tightness. This study aims to provide a description of the characteristics, therapy regimens, and outcomes of COVID-19 patients who were treated in the period March - August 2020 at Gadjah Mada University Academic Hospital Yogyakarta, which is one of the COVID-19 referral hospitals in Yogyakarta.*

*This study is a descriptive study with a case series design. The data in this study were collected through patient medical records with purposive sampling technique which was carried out in November 2020 - January 2021. The total population was found to be 52 patients. The inclusion criteria in this study were aged  $\geq 18$  years with a primary diagnosis of COVID-19, received therapy in the period March 1<sup>st</sup> - August 31<sup>st</sup> 2020, patients with positive RT-PCR test results and had complete medical record data. The number of patients who met the inclusion criteria was 24 patients, then analyzed descriptively.*

*The severity of COVID-19 patients obtained in this study was asymptomatic (25%), mild (37.5%), moderate (29.2%), and severe (8.3%). Cough was the most common symptom experienced by patients (62.5%) followed by fever (37.5%). Other symptoms also experienced by patients include shortness of breath (16.7%), runny nose (12.5%), dizziness (8.3%), sore throat (8.3%), nausea (8.3%), and myalgia (4.2%). The results of the patient's laboratory characteristics data showed normal leukocyte, lymphocyte, and platelet count values, increased neutrophil count, and Neutrophil to Lymphocyte Ratio (NLR) values. The overall therapy received by patients was the same, 91.7% received antibiotics, 4.2% received antivirals, 75% received chloroquine/hydroxychloroquine, 12.5% received corticosteroids, 16.7% received anticoagulants, and 100% of patients received supplements. Patient outcomes in this study were 20.8% cured and 79.2% improved. Further research with a larger sample size is needed to provide a broader and more comprehensive picture.*

**Keywords:** COVID-19, characteristics, therapy regimens, outcome, Yogyakarta.