

INTISARI

Hubungan Fluktuasi Tekanan Darah dan Saturasi Oksigen dengan Durasi Rawat Inap pada Pasien COVID-19 sedang di Rumah Sakit Akademik UGM Yogyakarta

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Latar Belakang : Pandemi coronavirus disease-19 (COVID-19) telah menjadi masalah kesehatan global diseluruh dunia. Tekanan darah tinggi atau hipertensi menjadi salah satu faktor resiko dengan prevalensi yang tinggi pada COVID-19. Saturasi oksigen adalah perbandingan jumlah oksigen yang terikat pada hemoglobin terhadap total hemoglobin yang mampu mengikat oksigen. Penurunan saturasi oksigen menjadi salah satu gejala COVID-19 yang sering timbul dan dapat berakibat pada perburukan kondisi pasien COVID-19. Fluktuasi Tekanan darah dan tingkat saturasi oksigen yang tidak stabil selama perawatan seorang pasien yang terinfeksi COVID-19 akan berpengaruh pada durasi rawat inap di rumah sakit.

Tujuan : Mengetahui hubungan fluktuasi tekanan darah dan saturasi oksigen dengan durasi rawat inap pada pasien yang terkonfirmasi positif COVID-19 di RSA UGM Yogyakarta

Metode : Metode penelitian ini adalah penelitian analitik dengan desain penelitian cross sectional. Pengambilan data dilakukan secara retrospektif menggunakan rekam medik pasien rawat inap yang terkonfirmasi positif COVID-19 di RSA UGM. Populasi pada penelitian ini adalah pasien yang terkonfirmasi positif COVID-19 dan dilakukan rawat inap di RSA UGM Yogyakarta hingga sembuh. Pasien dipilih dengan memperhatikan kriteria inklusi dan eksklusi penelitian. Analisis bivariat menggunakan metode uji Chi Square.

Hasil : Dari total 58 subjek ada 28 (48.3%) subjek yang mengalami fluktuasi tekanan darah dan 29 (50%) subjek yang mengalami fluktuasi saturasi oksigen. Ada 30 (51.7%) subjek yang mengalami pemanjangan durasi rawat inap. Terdapat 19 (67.9%) subjek yang mengalami fluktuasi tekanan darah dan durasi rawat inap memanjang dan 21 (72.4%) subjek mengalami fluktuasi saturasi oksigen dan pemanjangan durasi rawat inap. Hasil analisis menunjukkan adanya hubungan yang signifikan antara fluktuasi tekanan darah ($p=0.018$), fluktuasi saturasi oksigen ($p=0.002$) dan komorbiditas ($p=0.028$) dengan durasi rawat inap. Hubungan yang tidak signifikan dengan durasi rawat inap didapatkan pada variabel usia ($p=0.451$), jenis kelamin ($p=0.068$) dan konsumsi obat hipertensi ($p=0.425$).

Kesimpulan : Fluktuasi tekanan darah dan saturasi oksigen berhubungan dengan durasi rawat inap pasien Covid-19 di Rumah Sakit Akademik UGM Yogyakarta.

Kata kunci : COVID-19, Fluktuasi, Tekanan darah, Saturasi oksigen, Durasi rawat inap

ABSTRACT

Relationship between Blood Pressure Fluctuation and Oxygen Saturation on the Duration of Hospitalization in Moderate COVID-19 Patients at Rumah Sakit Akademik

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Background : The coronavirus disease-19 (COVID-19) pandemic has become a global health problem worldwide. High blood pressure or hypertension is a risk factor with a high prevalence of COVID-19. Oxygen saturation is the ratio of the amount of oxygen bound to hemoglobin to the total hemoglobin capable of binding oxygen. Decreased oxygen saturation is one of the symptoms of COVID-19 that often occurs and can result in a worsening of the condition of COVID-19 patients. Fluctuations in blood pressure and unstable oxygen saturation levels during the treatment of a patient infected with COVID-19 will affect the duration of hospital stay.

Objective : To determine the relationship between fluctuations in blood pressure and oxygen saturation on the duration of hospitalization in patients who were confirmed positive for COVID-19 at RSA UGM Yogyakarta

Method : This research method is an analytic research with a cross sectional research design. Data collection was carried out retrospectively using the medical records of inpatients who were confirmed positive for COVID-19 at UGM RSA. The population in this study were patients who were confirmed positive for COVID-19 and who were hospitalized at RSA UGM Yogyakarta until they recovered. Patients were selected by taking into account the inclusion and exclusion criteria of the study`. Bivariate analysis using the Chi Square test method.

Result : Out of a total of 58 subjects, 28 (48.3%) subjects experienced fluctuations in blood pressure and 29 (50%) subjects experienced fluctuations in oxygen saturation. There were 30 (51.7%) subjects who experienced prolonged hospitalization duration. There were 19 (67.9%) subjects who experienced fluctuations in blood pressure and prolonged hospitalization duration and 21 (72.4%) subjects experienced fluctuations in oxygen saturation and prolonged hospitalization duration. The results of the analysis showed that there was a significant relationship between fluctuations in blood pressure ($p=0.018$), fluctuations in oxygen saturation ($p=0.002$) and comorbidities ($p=0.028$) with the duration of hospitalization. There was no significant relationship with the duration of hospitalization for age ($p=0.451$), gender ($p=0.068$) and consumption of hypertension medication ($p=0.425$).

Conclusion : Fluctuations in blood pressure and oxygen saturation are related to the duration of hospitalization of Covid-19 patients at RSA UGM Yogyakarta

Keyword COVID-19, Fluctuations, Blood pressure, Oxygen saturation, length of stay