

Hubungan antara Penilaian Perawatan Paliatif dengan Skor Kualitas Hidup

Pasien Kanker dan *Family Caregiver*

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INTISARI

Latar belakang: Pasien kanker dapat mengalami masalah fisik, psikologis, sosial dan spiritual. Adanya permasalahan tersebut sehingga penanganan pada pasien kanker salah satunya adalah melalui perawatan paliatif. Pasien yang mendapatkan perawatan paliatif tentunya memiliki beberapa kebutuhan yang perlu dipenuhi oleh *family caregiver*. Pengasuhan keluarga pada pasien kanker dapat dilihat sebagai sebuah pengalaman positif dan negatif bagi *family caregiver*. Kanker dan perawatannya memiliki dampak besar pada kualitas hidup pasien kanker dan *family caregiver*. **Tujuan:** Penelitian ini dilakukan untuk melihat hubungan antara penilaian perawatan paliatif dengan skor kualitas hidup pasien kanker dan *family caregiver*. **Metode penelitian:** Penelitian ini menggunakan desain *cross sectional*. Teknik pengambilan sampel dengan *consecutive sampling*. Instrumen penelitian terdiri dari kuesioner *family appraisal of caregiving questionnaire for palliative care* (FACQ-PC), kuesioner *McGill quality of life-revised* (MQOL-R) dan kuesioner *the quality of life in life-threatening illness-family career/caregiver version* (QOLLTI-F). Analisis data menggunakan uji Kolmogorov Smirnov dan uji korelasi spearman. **Hasil penelitian:** Sejumlah 92 *family caregiver* memiliki sikap positif terhadap perawatan paliatif dengan nilai median 95 (53-112) dan kualitas hidup baik dengan nilai median 135 (72-160). Sejumlah 92 pasien kanker memiliki kualitas hidup baik dengan nilai median 117,50 (42-140). Adanya hubungan antara penilaian perawatan paliatif dengan skor kualitas hidup pasien kanker ($p=0,000$) dan adanya hubungan antara penilaian perawatan paliatif dengan skor kualitas hidup *family caregiver* ($p=0,000$). **Kesimpulan:** Adanya hubungan antara penilaian perawatan paliatif dengan skor kualitas hidup pasien kanker dan *family caregiver*.

Kata Kunci: penilaian perawatan paliatif, kualitas hidup pasien kanker, kualitas hidup *family caregiver*.

The Relationship between Palliative Care Appraisal and Quality of Life

Scores of Cancer Patients and Family Caregivers

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ABSTRACT

Background: Cancer patients can experience physical, psychological, social, and spiritual issues. Regarding these problems, one of the treatments for cancer patients is carried out through palliative care. Patients who receive palliative care certainly have several needs that should be met by family caregivers. Family care for cancer patients can be identified as a positive and negative experience for the family caregiver. Cancer and its treatment highly affect the cancer patient's quality of life and their family caregivers. **Aim:** This study was conducted to investigate the relationship between palliative care appraisal and quality of life scores of cancer patients and family caregivers. **Research Methods:** This study employed a cross-sectional design. To obtain the sample used a consecutive sampling technique. The research instruments consisted of the family appraisal of caregiving questionnaire for palliative care (FACQ-PC), the McGill quality of life-revised questionnaire (MQOL-R), and the quality of life in life-threatening illness-family caregiver version (QOLLTI-F) questionnaire. The data analysis used the Kolmogorov-Smirnov test and the Spearman correlation test. **Results:** A number of 92 family caregivers showed a positive attitude toward palliative care with a median value of 95 (53-112) and a good quality of life with a median value of 135 (72-160). As many as 92 cancer patients had a good quality of life with a median value of 117.50 (42-140). There is a relationship between palliative care appraisal and quality of life scores of cancer patients ($p=0.000$) and there is a relationship between palliative care appraisal and family caregiver's quality of life scores ($p=0.000$). **Conclusions:** There is a relationship between palliative care appraisal and cancer patients' and family caregivers' quality of life scores

Key Words: Palliative care appraisal, quality of life of cancer patients, quality of life of family caregivers.