

## INTISARI

**Latar Belakang:** Proses infeksi COVID-19 dapat meninggalkan gejala sisa, sehingga dapat mempengaruhi kualitas hidup penyintasnya, terutama pada penyintas COVID-19 dengan derajat sedang, berat dan kritis. Pasien yang pernah mendapatkan perawatan di ruangan ICU dengan terapi oksigen beragam, memiliki kualitas hidup yang lebih rendah.

**Tujuan:** Mengetahui hubungan antara tingkat keparahan dan jenis terapi oksigen terhadap kualitas hidup penyintas COVID-19 yang pernah dirawat di ICU RSUP dr Sardjito.

**Metode Penelitian:** Jenis dan rancangan penelitian ini adalah observasional kohort prospektif. Peneliti mengambil data sekunder dari rekam medis pada pasien yang terkonfirmasi COVID-19 derajat sedang, berat, kritis dan mendapatkan terapi oksigen yang pernah dirawat di RSUP Dr. Sardjito Yogyakarta dan kualitas hidup diukur dan menggunakan kuesioner EQ-5D-5L secara langsung pada saat penelitian. Subjek penelitian adalah seluruh penyintas COVID-19 yang pernah dirawat di ICU RSUP dr Sardjito bulan Januari 2020 sampai dengan Desember 2021. Analisis bivariat untuk menganalisis hubungan hubungan antara tingkat keparahan dan jenis terapi oksigen terhadap kualitas hidup adalah uji Kruskal Wallis. Variable yang memiliki  $p < 0,25$  pada uji bivariat dilanjutkan analisis multivariat dengan uji regresi linier berganda.

**Hasil:** Total subjek penelitian yang memenuhi kriteria adalah 56 subjek. Skor EQ-5D-5L pada pasien dengan suplementasi oksigen dengan , nasal kanul 0.82, *non-rebreathing mask* 0.96, *High Flow Nasal Canule* 0.53 dan ventilator 0.81 yakni ( $p=0,115$ ). Skor EQ-5D-5L pada COVID-19 derajat sedang 0.92, derajat berat 0.92, sedangkan derajat kritis, yakni 0,75 ( $p=0,254$ ).

**Kesimpulan:** Tidak terdapat hubungan antara tingkat keparahan dan jenis terapi oksigen terhadap kualitas hidup penyintas COVID-19 yang pernah dirawat di ICU RSUP dr Sardjito.

**Kata Kunci:** COVID-19, derajat keparahan, terapi oksigen, kualitas hidup

## ABSTRACT

**Background:** Background: The COVID-19 infection process may leave lingering symptoms, potentially affecting the quality of life of survivors, especially those with moderate, severe, and critical degrees. Patients who have received treatment in the ICU with various oxygen therapies often experience lower quality of life.

**Objective:** To determine the relationship between the severity level and the type of oxygen therapy on the quality of life of COVID-19 survivors who were treated in the ICU at RSUP Dr. Sardjito.

**Methods:** This study is an observational prospective cohort. The researcher collected secondary data from medical records of patients confirmed with COVID-19 at moderate, severe, and critical levels who received oxygen therapy and were treated at RSUP Dr. Sardjito Yogyakarta. The quality of life was measured using the EQ-5D-5L questionnaire directly during the study. The study subjects included all COVID-19 survivors who had been treated in the ICU at RSUP Dr. Sardjito from January 2020 to December 2021. Bivariate analysis to examine the relationship between the severity level and the type of oxygen therapy on quality of life was conducted using the Kruskal-Wallis test. Variables with  $p < 0.25$  in the bivariate test were further analyzed in multivariate analysis using multiple linear regression.

**Results:** The total number of eligible study subjects was 56. EQ-5D-5L scores for patients with oxygen supplementation through nasal cannula were 0.82, non-rebreathing mask 0.96, High Flow Nasal Cannula 0.53, and ventilator 0.81 ( $p=0.115$ ). EQ-5D-5L scores for moderate COVID-19 were 0.92, severe COVID-19 was 0.92, while critical COVID-19 was 0.75 ( $p=0.254$ ).

**Conclusion:** There is no significant relationship between the severity level and the type of oxygen therapy on the quality of life of COVID-19 survivors previously treated in the ICU at Dr. Sardjito General Hospital.

**Keywords:** COVID-19, severity level, oxygen therapy, quality of life.