

ABSTRAK

Latar Belakang : Rongga hidung dan sinus paranasal merupakan pintu gerbang utama infeksi dan berkembangnya virus. Tingginya muatan virus (*viral load*) pada sekresi sinusal juga menunjukkan tingginya risiko penularan, meskipun gejala sinusal tampaknya bukan merupakan gejala utama COVID-19. Gejala umum COVID-19 pada awal pandemi yang telah dikenal yaitu demam, batuk, lemas, sakit kepala, tidak nyaman pada perut, sesak dan nyeri otot, namun dilaporkan gangguan olfaktori dan gustatori mulai meningkat pada pasien COVID-19. Kejadian anosmia mendadak harus dikenali oleh komunitas sains internasional sebagai gejala yang penting infeksi COVID-19.

Tujuan: Untuk mengetahui prevalensi kejadian gangguan olfaktori dan gustatori pada COVID-19 di Indonesia sebagai langkah deteksi dini dan prevensi penyebaran penularan COVID-19 lebih jauh dan melebar serta mengetahui onset durasi gejala tersebut dengan hipotesis terdapat prevalensi yang cukup tinggi untuk disfungsi olfaktori dan gustatori pada kasus COVID-19.

Metode: Penelitian ini bersifat *rapid review* yang akan melihat prevalensi dan durasi disfungsi olfaktori dan gustatori pada pasien COVID-19 berdasarkan literatur ilmiah dari database berupa PubMed, Scopus, dan Proquest. Populasi dalam penelitian ini adalah artikel yang diambil dari *database* berupa PubMed, Scopus, dan Proquest. Sampel penelitian adalah artikel yang memenuhi kriteria *Population/Person, Intervention, Comparison, Outcome, Studi Design (PICOS)*, kriteria inklusi, dan kriteria eksklusi yang sudah ditentukan.

Hasil: Presentase disfungsi olfaktori tertinggi yaitu 85,3% dan presentase terendah yaitu 4,5%. Presentase disfungsi gustatori tertinggi yaitu 70,5% dan presentase terendah yaitu 7%. Durasi disfungsi olfaktori dan gustatori terlama yaitu 21 hari dan disfungsi olfaktori dan gustatori tercepat yaitu 4,9 hari.

Kesimpulan: Prevalensi disfungsi olfaktori tertinggi yaitu 85,3% dan presentase terendah yaitu 4,5%. Prevalensi disfungsi gustatori tertinggi yaitu 70,5% dan presentase terendah yaitu 7%. Durasi disfungsi olfaktori dan gustatori terlama yaitu 21 hari dan disfungsi olfaktori dan gustatori tercepat yaitu 5 hari.

Kata kunci : prevalensi, durasi, disfungsi, olfaktori, gustatori, COVID-19.

ABSTRACT

Background: The nasal cavity and paranasal sinuses are the main gateway for infection and the development of viruses. The high viral load in sinonasal secretions also indicates a high risk of transmission, although sinonasal symptoms do not appear to be the main symptom of COVID-19. The common symptoms of COVID-19 at the start of the pandemic that were known were fever, cough, weakness, headache, stomach discomfort, tightness and muscle aches, but it was reported that olfactory and gustatory disorders were starting to increase in COVID-19 patients. The sudden occurrence of anosmia should be recognized by the international scientific community as an important symptom of COVID-19 infection.

Objective: This study was to determine the prevalence of olfactory and gustatory disorders in COVID-19 in Indonesia as a step for early detection and prevention of further and wider spread of COVID-19 transmission and to determine the onset and duration of these symptoms with the hypothesis that there is a fairly high prevalence of olfactory and gustatory dysfunction in COVID cases -19.

Method: This study is a rapid review which will look at the prevalence and duration of olfactory and gustatory dysfunction in COVID-19 patients based on scientific literature from databases such as PubMed, Scopus and Proquest. The population in this study are articles taken from databases such as PubMed, Scopus, and Proquest. The research sample is articles that meet the Population/Person, Intervention, Comparison, Outcome, Study Design (PICOS) criteria, inclusion criteria and exclusion criteria that have been determined.

Results: The highest percentage of olfactory dysfunction is 85.3% and the lowest percentage is 4.5%. The highest percentage of gustatory dysfunction is 70.5% and the lowest percentage is 7%. The longest duration of olfactory and gustatory dysfunction is 21 days and the fastest is 4.9 days.

Conclusion: The highest prevalence of olfactory dysfunction was 85.3% and the lowest percentage was 4.5%. The highest prevalence of gustatory dysfunction is 70.5% and the lowest percentage is 7%. The longest duration of olfactory and gustatory dysfunction was 21 days and the fastest was 5 days.

Keywords: prevalence, duration, dysfunction, olfactory, gustatory, COVID-19.