

ABSTRAK

HUBUNGAN *CLINICAL FRAILTY SCALE* DENGAN *HEALTH RELATED QUALITY OF LIFE* PADA PASIEN USIA LANJUT YANG MENJALANI PEMASANGAN ALAT PACU JANTUNG PERMANEN DI RSUP DR SARDJITO

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Latar belakang

Indonesia negara yang mengalami fenomena *ageing population*. *Frail* sebagai akibat dari proses penuaan berdampak pada kualitas hidup. Proses penuaan berdampak pada miosit mengalami penurunan jumlah dan fungsi sehingga terjadi gangguan irama jantung yang berdampak pada status fungsional dan kualitas hidup pasien. Pemasangan Alat Pacu Jantung Permanen (APJP) meningkat setiap tahun. Sehingga tujuan penelitian ini, melihat hubungan *frailty* dengan *Health Related Quality of Life* (HRQoL) usia lanjut yang terpasang APJP.

Metode

Penelitian *cross sectional* pada 100 subjek bradiaritmia (Disfungsi Nodus Sinus/ DNS dan Blok Atrioventrikular/AV) yang terpasang APJP di RSUP Dr Sardjito Yogyakarta, kontrol di rawat jalan jantung, memenuhi kriteria inklusi dan eksklusi, dilakukan *interview* oleh peneliti terkait data dasar demografis, skor *Cinical Frailty Scale* (CFS), status fungsional, Pemeriksaan Mental Ringkas, dan EQ 5D 5L yang sudah tervalidasi. Analisa bivariat dengan *Spearman rho* dan *Mann Whitney* serta multivariat dengan regresi linier menggunakan SPSS versi 25.0

Hasil

Rerata usia $72,68 \pm 6,81$ dengan jenis kelamin perempuan (55%). Uji korelasi *Spearman's rho* skor CFS memiliki korelasi positif yang signifikan dengan domain dekriptif EQ5D pada kemampuan berjalan ($r=0,288$; $p=0,004$), kegiatan yang biasa dilakukan ($r=0,337$; $p=0,001$) dan rasa nyeri/tidak nyaman ($r=0,332$; $p=0,001$), sedangkan korelasi negatif pada utilitas ($r=-0,296$; $p=0,003$) dan VAS ($r=-0,308$; $p=0,002$). Variabel usia ($p=0,005$) dan pekerjaan ($p=0,006$) mempengaruhi nilai VAS EQ5D. Analisis regresi linier, skor CFS memiliki hubungan negatif signifikan dan independen dengan utilitas dan VAS ($p<0,001$ dan $p=0,024$)

Kesimpulan

Skor CFS memiliki hubungan negatif bermakna dengan utilitas dan VAS EQ 5D 5L, sehingga diperlukan strategi pada pasien bradiaritmia *frail* yang akan menjalani pemasangan APJP diharapkan berdampak pada luaran QoL dan HRQoL paska pemasangan APJP.

Kata Kunci : Alat Pacu Jantung Permanen, Bradiaritmia, EQ5D5L, *Frailty*, *Health Related Quality of Life*, *Clinical Frailty Scale*

ABSTRACT

CLINICAL FRAILTY SCALE IS ASSOCIATED WITH HEALTH-RELATED QUALITY OF LIFE IN ELDERLY UNDERGOING PERMANENT PACEMAKER PROCEDUR AT SARDJITO HOSPITAL YOGYAKARTA

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Introduction

Frail as a result of the aging process which has an impact on Quality of Life (QoL). The aging process results in cardiac myocytes decreasing in number and function, causing heart rhythm disturbances which impact the patient's functional status and quality of life and installation of Permanent Pacemakers (PPM). This study aims to see the relationship between frailty and QoL in elderly patients who undergo PPM procedure.

Method

This research is a cross sectional study. The research sample was taken using consecutive sampling technique. The research subjects were elderly patients in the cardiac outpatient unit at Dr Sardjito Hospital (July-October 2024), who met the inclusion and exclusion criteria. The research data taken included demographic data, Clinical Frailty Scale (CFS) scores, functional status scores (Barthel Index), Mini Mental State Examination (MMSE). Quality of life was assessed using the European Quality 5 Dimensions (EQ5D5L) instrument, both descriptive and VAS values. Bivariat data were analyzed with the Mann Whitney test and Spearman rho correlation test and multivariat data with regression linier using SPSS version 25.0.

Results

The average age was 72.68 ± 6.81 and the gender proportion was female (55%). CFS score has a significant positive correlation with the EQ5D descriptive domain of walking ability ($r = 0.288$; $p = 0.004$), usual activities ($r = 0.337$; $p = 0.001$) and pain/discomfort ($r = 0.332$; $p = 0.001$), and negative correlation with EQ5D utility ($r = -0.296$; $p = 0.03$) and Visual Analog Scale (VAS) ($r = -0.308$; $p = 0.002$). The variables age ($p = 0.005$) and employment status score ($p = 0.006$) influenced the EQ5D VAS. Multivariate linear regression analysis of CFS score had a significant and independent negative relationship with EQ5D utility ($p < 0,01$) and VAS ($p = 0,024$).

Conclusion

CFS score has negative association with EQ 5D 5L utility and VAS value significantly, so a strategy is needed for frailty bradyarrhythmia patients who will undergo APJP installation which is expected to have an impact on QoL and HRQoL outcomes after APJP installation.