HUBUNGAN DOSIS DEXAMETHASONE TERHADAP KEJADIAN INSOMNIA PADA PASIEN TUMOR OTAK PRIMER DI RSUP DR. SARDJITO YOGYAKARTA

Nauvaldi Sasongkojati*, Ahmad Asmedi**, Amelia Nur Vidyanti**

*Residen Neurologi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada Yogyakarta
**Staf Departemen Neurologi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada Yogyakarta/ KSM Saraf RSUP Dr. Sardjito Yogyakarta

ABSTRAK

Latar Belakang: Tumor otak primer memengaruhi morbiditas dan mortalitas segala usia. Insomnia diketahui sebagai efek samping dexamethasone sebagai tatalaksana tumor otak primer. Namun, hubungan antara dosis dexamethasone dengan kejadian insomnia pada pasien tumor otak primer belum banyak diteliti.
Tujuan: Penelitian ini memiliki tujuan untuk mengetahui hubungan dosis dexamethasone terhadap kejadian insomnia pada pasien tumor otak primer di RSUP Dr. Sardjito Yogyakarta.
Metode: Penelitian ini dilakukan dengan studi observasional analitik menggunakan metode kohort prospektif. Data diperoleh dari *case report form* (CRF) onkologi dan rekam medis pasien tumor otak primer yang di rawat inap di RSUP Dr. Sardjito pada periode Mei – November 2024. Variabel yang diteliti meliputi data demografi, klinis, dan hasil skrining insomnia menggunakan kuesioner berdasarkan kriteria ICD-10. Analisis data menggunakan uji statistik bivariat dan kurva ROC.
Hasil: Dari 62 pasien yang memenuhi kriteria inklusi dan eksklusi, rata-rata usia pasien sebesar 46,4±12,7 tahun, dengan 53,2% diantaranya pasien perempuan. Analisis menunjukkan dosis dexamethasone berpengaruh secara signifikan terhadap kejadian insomnia pada pasien tumor otak primer (RR: 2,25, 95% CI 1,33-3,81, $p < 0,001$).
Kesimpulan: Terdapat hubungan antara dosis dexamethasone terhadap kejadian insomnia pada pasien tumor otak primer. Hasil penelitian ini dapat digunakan sebagai dasar penatalaksanaan insomnia pada pasien tumor otak primer.
Kata kunci: Tumor otak primer, Dexamethasone, Insomnia.

Korespondensi: Nauvaldi Sasongkojati
Email: nauvaldisasongkojati@gmail.com

THE RELATIONSHIP BETWEEN DEXAMETHASONE DOSAGE AND INSOMNIA IN PRIMARY BRAIN TUMOR PATIENTS AT DR. SARDJITO GENERAL HOSPITAL YOGYAKARTA

Nauvaldi Sasongkojati*, Ahmad Asmedi**, Amelia Nur Vidyanti**

*Neurology Resident, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada Yogyakarta
**Staff of Neurology Department, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada Yogyakarta/ Dr. Sardjito General Hospital Yogyakarta

ABSTRACT

Background: Primary brain tumor affects morbidity and mortality at all ages. Insomnia has been knowned as the side effect of dexamethasone used in a primary brain tumor management. However, the relationship between dexamethasone dosage with insomnia in primary brain tumor patients remain uncertain.
Objective: This study aims to understand the relationship between dexamethasone dosage and insomnia in primary brain tumor patients at Dr. Sardjito General Hospital, Yogyakarta.
Method: This study applied an analytical observational design using a prospective cohort method. Data were obtained from oncology case report form (CRF) and medical records of primary brain tumor patients treated at Dr. Sardjito General Hospital, Yogyakarta from May to November of 2024. The studied variables included demographic, clinical, as well as insomnia data obtained from a questionnaire based on ICD-10 criteria. Bivariate and ROC curve statistical analysis were carried out.
Result: Among 62 patients fulfilled the inclusion and exclusion criterias, the mean age was 46.4±12.7 years, with 53.2% among them were female. Data analysis showed that the dexamethasone dosage significantly affects insomnia in primary brain tumor patients (RR: 2.25, CI 95% 1.33-3.81, $p < 0.001$).
Conclusion: There was a significant association between dexamethasone dosage and insomnia in primary brain tumor patients. This research findings may serve as the basis of insomnia management in primary brain tumor patients.
Keywords: Primary brain tumor, Dexamethasone, Insomnia.

Correspondence: Nauvaldi Sasongkojati
Email: nauvaldisasongkojati@gmail.com