

INTISARI

GAMBARAN KUALITAS HIDUP PASIEN SETELAH PEMASANGAN ALAT PACU JANTUNG PERMANEN DI RSUP DR SARDJITO YOGYAKARTA

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Latar Belakang: Bradikardia merupakan salah satu gangguan irama jantung yang berpotensi menurunkan curah jantung dan menimbulkan gejala signifikan, sehingga pemasangan alat pacu jantung permanen (APJP) sering menjadi terapi definitif. Penilaian *quality of life* (QoL) merupakan pilihan yang ideal untuk menilai efektifitas luaran terapi.

Tujuan Penelitian: mengetahui gambaran kualitas hidup (QoL) pada pasien yang menjalani prosedur pemasangan alat pacu jantung permanen di RSUP dr Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan 40 responden yang telah menjalani prosedur pemasangan alat pacu jantung permanen (APJP) di RSUP Dr. Sardjito Yogyakarta. QoL dinilai menggunakan EQ-5D-5L dan EQ-VAS pada bulan ke-3 dan bulan ke-6. Data hasil dianalisa menggunakan metode univariat.

Hasil: Penelitian ini melibatkan 40 pasien setelah dilakukan pemasangan alat pacu jantung permanen yang sebagian besar adalah laki-laki (n=34) dengan usia diatas 60 tahun. QoL dinilai dari lima domain. Pada bulan ke-3 domain nyeri/tidak nyaman dikeluhkan pada sebagian besar subjek (57,6%) rerata (1.57±0.501), cemas/depresi (20%) rerata (1,23±0,480), perawatan diri (15%) rerata (1.30±0,791), kemampuan berjalan (15%) rerata (1,20±0,516), kegiatan sehari-hari (12,5%) rerata 1,23±0,660), serta indeks utilitas EQ-VAS berkisar antara 60 hingga 95 rerata (82,63±7,51). Pada bulan ke-6 domain kecemasan/depresi dikeluhkan pada sebagian besar subjek (27,5%) rerata (1,28±0,452), kemampuan berjalan (22,5%) rerata 1,28±0,554), Nyeri/ketidaknyamanan (22,5%) rerata 1,23±0,423), kegiatan sehari-hari (20%) rerata (1,20±0,405), perawatan diri (12,5%) rerata (1,20±0,564) dan indeks utilitas EQ-VAS meningkat berkisar 70 hingga 95 rerata (84,63±6,44).

Kesimpulan: Gambaran kualitas hidup pasien di bulan ke-3 dan bulan ke-6 setelah pemasangan alat pacu jantung permanen di RSUP dr Sardjito yogyakarta secara umum menunjukkan perbaikan persepsi kesehatan yang relatif stabil secara keseluruhan, mengindikasikan adaptasi klinis yang progresif setelah pemasangan alat pacu jantung permanen (APJP)

Kata Kunci: Kardiovaskuler, Bradikardia, Alat pacu jantung permanen, Kualitas hidup

ABSTRACT

THE DESCRIPTION OF THE QUALITY OF LIFE IN PATIENTS AFTER THE IMPLANTATION OF A PERMANENT PACEMAKER AT STATE SARDJITO HOSPITAL YOGYAKARTA

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Background: Bradyarrhythmia is a heart rhythm disorder that can reduce cardiac output and cause significant symptoms. Therefore, implantation of a permanent pacemaker (PPM) is often the definitive therapy. Quality of life (QoL) assessment is an ideal tool for assessing the effectiveness of therapy outcomes.

Objective: To determine the description of quality of life (QoL) in patients undergoing permanent pacemaker installation procedures at Dr. Sardjito State General Hospital, Yogyakarta.

Method: This study was a quantitative descriptive study with 40 respondents who had undergone permanent pacemaker implantation at Dr. Sardjito State General Hospital, Yogyakarta. QoL was assessed using the EQ-5D-5L and EQ-VAS at the 3rd and 6th months. The data were analyzed using univariate methods.

Result: This study involved 40 patients after permanent pacemaker implantation, most of whom were men (n=34) aged over 60 years. QoL was assessed from five domains. At the 3rd month, the domain of pain/discomfort was complained by most subjects (57.6%) with a mean (1.57±0.501), anxiety/depression (20%) with a mean (1.23±0.480), self-care (15%) with a mean (1.30±0.791), walking ability (15%) with a mean (1.20±0.516), daily activities (12.5%) with a mean 1.23±0.660), and the EQ-VAS utility index ranged from 60 to 95 with a mean (82.63±7.51). In the 6th month, the anxiety/depression domain was complained of by most subjects (27.5%) with an average of (1.28±0.452), walking ability (22.5%) with an average of (.28±0.554), pain/discomfort (22.5%) with an average of 1.23±0.423), daily activities (20%) with an average of (1.20±0.405), self-care (12.5%) with an average of (1.20±0.564) and the EQ-VAS utility index increased from 70 to 95 with an average of (84.63±6.44).

Conclusion: The description of the quality of life of patients in the 3rd and 6th months after the installation of a permanent pacemaker at Dr. Sardjito State General Hospital, Yogyakarta, generally shows a relatively stable improvement in overall health perception, indicating progressive clinical adaptation after the installation of a permanent pacemaker.

Keywords: Cardiovascular, Bradyarrhythmia, Permanent pacemaker, Quality of life