

INTISARI

Latar belakang: Demensia vaskular merupakan jenis demensia kedua paling banyak di dunia. Penelitian epidemiologi mengenai sub tipe demensia vaskular masih terbatas akibat kasus demensia vaskular sulit didiagnosis dengan baik. Oleh karena itu, diperlukan penelitian lebih lanjut mengenai profil sosiodemografi, klinis, dan fungsi kognitif pasien demensia vaskular sehingga dapat dilakukan skrining, penegakan diagnosis, dan tatalaksana awal pada pasien demensia untuk mencegah agresivitas dan kecacatan lebih lanjut.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran profil demografi, klinis, dan fungsi kognitif pada pasien yang mengalami demensia vaskular di Klinik Memori RSUP Dr. Sardjito, Yogyakarta.

Metode: Penelitian menggunakan metode observasional deskriptif potong lintang yang berbasis rumah sakit. Penelitian ini menggunakan data sekunder yakni rekam medis pasien demensia vaskular yang berobat di Klinik Memori RSUP Dr. Sardjito Yogyakarta selama tahun 2018 s.d. 2024. Data dikumpulkan secara retrospektif mencakup data demografi, klinis, laboratorium, radiologi, dan fungsi kognitif berdasarkan hasil tes *Montreal Cognitive Assessment* versi Indonesia (MoCA-INA). Analisis data dilakukan secara deskriptif dan analitik untuk mengidentifikasi profil demografi, klinis, dan fungsi kognitif pasien demensia vaskular.

Hasil: Penelitian ini melibatkan 199 pasien demensia vaskular di RSUP Dr. Sardjito Yogyakarta periode 2018 s.d. 2024. Median usia pasien adalah 66 tahun, mayoritas berjenis kelamin laki-laki (64,8%), memiliki durasi pendidikan ≤ 12 tahun (53,9%), berstatus bekerja (52,7%), dan memiliki pasangan (86,9%). Sebagian besar pasien memiliki >1 faktor risiko, dengan faktor risiko stroke (84,9%), hipertensi (68,3%), dislipidemia (32,2%), diabetes melitus tipe 2 (30,2%), penyakit jantung dan vaskular (19,1%), dan BPSD (10,1%). Median skor MoCA-INA adalah 15 (1-29) dengan mayoritas memiliki fungsi kognitif yang lebih buruk (MoCA-INA <18). Terdapat perbedaan skor MoCA-INA yang bermakna dalam hal lama pendidikan, jumlah faktor risiko, stroke, hipertensi, BPSD, serta volume otak. Terdapat korelasi yang bermakna antara tekanan darah diastolik terhadap skor MoCA-INA.

Kesimpulan: Jumlah kasus demensia vaskular menunjukkan tren peningkatan. Pasien demensia vaskular paling banyak berjenis kelamin laki-laki, median 66 tahun, lama pendidikan ≤ 12 tahun, memiliki pasangan, dan masih bekerja sebelum sakit. Sebagian besar pasien memiliki >1 faktor risiko dengan faktor risiko terbanyak adalah stroke dan hipertensi. Banyak pasien yang memiliki fungsi kognitif yang lebih buruk (MoCA-INA <18). Terdapat perbedaan skor MoCA-INA yang bermakna dalam hal lama pendidikan, jumlah faktor risiko, stroke, hipertensi, BPSD, tekanan darah diastolik, dan karakteristik radiologi.

Kata kunci: Demensia vaskular, profil, fungsi kognitif, MoCA-INA

ABSTRACT

Background: Vascular dementia is the second most common type of dementia in the world. Epidemiological research on vascular dementia subtypes is limited due to the underdiagnosis of vascular dementia cases. Therefore, further research is needed on the sociodemographic profile, clinical characteristics, and cognitive function of vascular dementia patients to facilitate screening, diagnosis, and early intervention for vascular dementia patients to prevent further aggression and deterioration.

Objective: This study aims to obtain a demographic, clinical, and cognitive profile of patients with vascular dementia at Klinik Memori RSUP Dr. Sardjito, Yogyakarta.

Methods: The study uses an observational, cross-sectional design based on secondary data from medical records of patients with vascular dementia treated at the Klinik Memori RSUP Dr. Sardjito Yogyakarta between 2018 and 2024. Data collection was retrospective and included demographic, clinical, laboratory, radiology, and cognitive function information based on the Montreal Cognitive Assessment (MoCA) version for Indonesia (MoCA-INA). Data analysis was conducted using descriptive and analytic methods to identify the demographic, clinical, and cognitive function profiles of patients with vascular dementia.

Results: This study involved 199 patients with vascular dementia treated at Dr. Sardjito General Hospital, Yogyakarta, during the period from 2018 to 2024. The median age of the patients was 66 years. Most patients were male (64.8%), had an educational duration of ≤ 12 years (53.9%), were employed (52.7%), and had a spouse (86.9%). The majority of patients had >1 risk factor, including stroke (84.9%), hypertension (68.3%), dyslipidemia (32.2%), type 2 diabetes mellitus (30.2%), cardiac and vascular diseases (19.1%), and behavioral and psychological symptoms of dementia (BPSD) (10.1%). The median MoCA-INA score was 15 (range 1–29), with most patients demonstrating poorer cognitive function (MoCA-INA <18). There were statistically significant differences in MoCA-INA scores in relation to duration of education, number of risk factors, stroke, hypertension, BPSD, and brain volume. There were significant correlations between diastolic blood pressure with MoCA-INA scores.

Conclusion: The number of vascular dementia cases shows an increasing trend. Most patients with vascular dementia were male, with a median age of 66 years, had an educational duration of ≤ 12 years, were married, and were still working prior to illness. The majority of patients had >1 risk factors, with stroke and hypertension being the most common. Many patients exhibited poorer cognitive function (MoCA-INA <18). There were statistically significant differences in MoCA-INA scores with respect to duration of education, number of risk factors, stroke, hypertension, behavioral and psychological symptoms of dementia (BPSD), diastolic blood pressure, and radiological characteristics.

Keywords: Vascular dementia, profile, cognitive function, MoCA-INA.