

INTISARI

Kualitas Hidup Preoperatif Berdasarkan Skor EORTC QLQ-C30 sebagai Faktor Prediktif Komplikasi Pascaoperasi Kanker Ovarium di RSUP Dr. Sardjito Yogyakarta

Medisca Rhoza

Latar Belakang: Kanker ovarium merupakan salah satu keganasan ginekologi dengan angka mortalitas tertinggi di dunia. Berdasarkan Global Cancer Observatory (GLOBOCAN) tahun 2022, terdapat 324.398 kasus baru dan 206.839 kematian akibat kanker ovarium secara global. Sebagian besar pasien terdiagnosis pada stadium lanjut sehingga memerlukan tindakan operasi yang berisiko menimbulkan komplikasi pascaoperasi. Komplikasi pascaoperasi dapat meningkatkan morbiditas, mortalitas, lama rawat inap, dan menurunkan kualitas hidup pasien. Kualitas hidup preoperatif yang diukur menggunakan *European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30* (EORTC QLQ-C30) dinilai mampu menggambarkan kondisi fisik, psikologis, sosial, dan fungsional pasien secara komprehensif. Penelitian ini bertujuan untuk menganalisis kualitas hidup preoperatif berdasarkan skor EORTC QLQ-C30 sebagai faktor prediktif komplikasi pascaoperasi pada pasien kanker ovarium di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini menggunakan desain kohort prospektif pada 51 pasien kanker ovarium yang menjalani operasi di RSUP Dr. Sardjito Yogyakarta. Penilaian kualitas hidup dilakukan menggunakan kuesioner EORTC QLQ-C30 dalam 1–5 hari sebelum operasi. Kejadian komplikasi pascaoperasi diamati selama 30 hari setelah operasi. Analisis data dilakukan secara bivariat dan multivariat.

Hasil: Komplikasi pascaoperasi berat terjadi pada 11,8% pasien. Kualitas hidup preoperatif berdasarkan skor EORTC QLQ-C30 tidak menunjukkan hubungan yang bermakna dengan kejadian komplikasi pascaoperasi ($p=0,607$; $RR=0,89$; $IK_{95\%}: 0,20-4,00$). Variabel klinis lainnya juga tidak menunjukkan hubungan yang bermakna secara statistik. Namun, stadium lanjut menunjukkan kecenderungan risiko komplikasi pascaoperasi yang lebih tinggi dibandingkan stadium awal ($RR=6,09$; $p=0,058$).

Kesimpulan: Kualitas hidup preoperatif berdasarkan skor EORTC QLQ-C30 belum terbukti sebagai faktor prediktif komplikasi pascaoperasi pada pasien kanker ovarium. Stadium lanjut menunjukkan kecenderungan klinis terhadap peningkatan risiko komplikasi pascaoperasi meskipun belum mencapai kemaknaan statistik.

Kata kunci: kanker ovarium, EORTC QLQ-C30, kualitas hidup, komplikasi pascaoperasi, preoperatif.

ABSTRACT

Preoperative Quality of Life Based on EORTC QLQ-C30 Score as a Predictive Factor for Postoperative Complications in Ovarian Cancer Patients at Dr. Sardjito General Hospital Yogyakarta

Medisca Rhoza

Background: Ovarian cancer is one of the gynecological malignancies with the highest mortality rates worldwide. According to the Global Cancer Observatory (GLOBOCAN) 2022, there were 324,398 new cases and 206,839 deaths related to ovarian cancer globally. Most patients are diagnosed at an advanced stage and require surgical treatment, which carries a risk of postoperative complications. These complications may increase morbidity, mortality, length of hospital stay, and reduce patients' quality of life. Preoperative quality of life assessed using the *European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30* (EORTC QLQ-C30) is considered to reflect patients' physical, psychological, social, and functional conditions comprehensively. This study aimed to evaluate preoperative quality of life based on the EORTC QLQ-C30 score as a predictive factor of postoperative complications in ovarian cancer patients at Dr. Sardjito General Hospital Yogyakarta.

Methods: A prospective cohort study was conducted involving 51 ovarian cancer patients who underwent surgery at Dr. Sardjito General Hospital Yogyakarta. Quality of life was assessed using the EORTC QLQ-C30 questionnaire within 1–5 days before surgery. Postoperative complications were observed for 30 days after surgery. Data were analyzed using bivariate and multivariate analyses.

Results: Severe postoperative complications occurred in 11.8% of patients. Preoperative quality of life based on the EORTC QLQ-C30 score was not significantly associated with postoperative complications ($p=0.607$; $RR=0.89$; 95% CI: 0.20–4.00). Other clinical variables also showed no statistically significant association. However, advanced-stage disease demonstrated the strongest clinical tendency toward a higher risk of postoperative complications ($RR=6.09$; $p=0.058$).

Conclusion: Preoperative quality of life based on the EORTC QLQ-C30 score was not proven to be a predictive factor for postoperative complications in ovarian cancer patients. Advanced-stage disease showed a clinical tendency toward an increased risk of postoperative complications despite not reaching statistical significance.

Keywords: *ovarian cancer, EORTC QLQ-C30, quality of life, postoperative complications, preoperative.*