

SKOR THRIVE SEBAGAI PREDIKTOR DISABILITAS JANGKA PANJANG PASIEN STROKE ISKEMIK AKUT

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ABSTRAK

Prediksi awal luaran pasien stroke penting untuk meningkatkan kualitas hidup penderita dan dapat memberikan informasi kepada pasien dan keluarga tentang probabilitas pemulihan dan untuk rehabilitasi serta rencana perawatan lebih lanjut. Beberapa skor prognosis telah banyak dikembangkan untuk memprediksi luaran pasca stroke namun sulit untuk diterapkan karena memiliki banyak variabel. Skor THRIVE memiliki keuntungan karena mudah dilakukan dan dapat memprediksi disabilitas jangka pendek, namun penelitian untuk menilai disabilitas pasien stroke jangka panjang masih jarang dilakukan. Penelitian kohort prospektif dilakukan dengan melakukan penilaian skor THRIVE saat awal pasien dirawat, kemudian dievaluasi 90 hari pasca stroke dengan skor mRS melalui telepon. Sebanyak 90 subjek didapatkan, hasil analisis multivariat menunjukkan adanya hubungan yang bermakna pasien dengan skor THRIVE tinggi dengan disabilitas jangka panjang ($p = 0,012$; $RR = 4,60$).

Kata kunci: skor THRIVE, disabilitas, stroke iskemik

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THRIVE SCORE AS A LONG-TERM PREDICTOR OF DISABILITY ON ACUTE ISKEMIC STROKE PATIENTS

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ABSTRACT

Early predictions of outcome of stroke patients are important to improve the quality of life and provide information to patients and families about the probability of recovery, rehabilitation and further treatment plans. Several prognosis scores have been developed to predict post-stroke outcomes but its difficult to implemented because it have many variables. THRIVE scores have the advantage of being easy to do and can predict short-term disability, but studies assessing long-term disability of stroke patients are still rare. A prospective cohort study was conducted by assessing the THRIVE score at the initial of admission, then evaluating 90 days post stroke with the mRS score by telephone. A total of 90 subjects were obtained, the results of multivariate analysis showed a significant association between high THRIVE scores patients and long-term disability ($p = 0.012$; $RR = 4.60$).

Keywords: THRIVE score, disability, ischemic stroke

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