

## INTISARI

**Latar Belakang:** Stroke merupakan kondisi gangguan atau hilangnya aliran darah otak secara tiba-tiba sehingga pasokan nutrisi, oksigen yang dibawa oleh aliran darah tidak dapat mencapai otak, menimbulkan defisit neurologik baik focal maupun global, sesuai dengan daerah cerebrovascular yang terkait dan berlangsung secara akut, presisten. Stroke menempati peringkat kedua sebagai penyakit penyebab kematian di dunia, dan sebagai penyebab disabilitas peringkat satu baik di negara maju maupun berkembang. Hiperlipidemia merupakan salah satu faktor risiko terjadinya stroke, namun masih banyak penelitian yang berbeda mengenai dampak hiperlipidemia terhadap luaran fungsional dari pasien stroke. Pengetahuan akan hal tersebut tentu saja penting untuk mengetahui mekanisme pencegahan stroke, mengendalikan luaran fungsional stroke sehingga dapat menurunkan angka disabilitas.

**Tujuan:** Mengetahui adanya hubungan antara hiperlipidemia dengan luaran fungsional pada pasien stroke di RSUP Dr. Sardjito.

**Metode:** Rancangan penelitian adalah potong- lintang *observational*. Subjek penelitian dari arsip rekam medis pasien stroke di RSUP Dr. Sardjito yang diambil dengan teknik sampling acak sederhana, yang telah memenuhi kriteria inklusi dan eksklusi. Analisis hubungan antara hiperlipidemia dengan luaran fungsional stroke diuji dengan uji *Chi-Squared*. Dikatakan bermakna/ signifikan secara statistik apabila nilai  $p < 0,05$ .

**Hasil:** Terdapat 105 subjek penelitian dengan rerata usia  $\pm$  SD =  $58,87 \pm 12,639$ . Berdasarkan kategori usia terdapat subjek dengan usia  $\geq 55$  tahun sebanyak 62,9%; laki-laki sebanyak 63,8%; dengan stroke infark sebanyak 72,4%; riwayat stroke sebelumnya sebanyak 22,9%; dengan hipertensi sebanyak 91,4%; dengan DM sebanyak 45,7%; dengan hiperlipidemia sebanyak 55,2%; yang mengalami luaran fungsional stroke yang buruk sebanyak 39%. Analisis bivariat antara hiperlipidemia dengan luaran fungsional stroke memberikan hasil yang bermakna secara statistik ( $P = 0,023$ ). Analisis multivariat hiperlipidemia menunjukkan hasil yang bermakna secara statistik ( $P = 0,022$ ).

**Kesimpulan:** Terdapat hubungan yang bermakna secara statistik antara hiperlipidemia dengan luaran fungsional pasien stroke berdasarkan nilai indeks Barthel.

**Kata kunci:** Stroke, luaran fungsional, Indeks Barthel, hiperlipidemia.

## ABSTRACT

**Background:** Stroke is a condition of sudden loss of blood supply in brain so that the supply of nutrients, oxygen carried by the bloodstream cannot reach the brain. This causes damage to certain parts that can cause neurological deficits both focal and global, in accordance with the cerebrovascular area that is related and takes place in an acute, persistent manner. Stroke ranks second as the leading cause of death in the world, and ranks first as a cause of disability in developed and developing countries. Hyperlipidemia is one of the risk factors for stroke, but there are still many different studies regarding the impact of hyperlipidemia on functional outcomes of stroke patients. Knowledge of this is important for knowing stroke prevention mechanisms, controlling the functional outcome of strokes so that they can reduce disability rates.

**Objective:** Knowing the relationship between hyperlipidemia and functional outcome in stroke patients in RSUP Dr. Sardjito.

**Method:** The design of this study is cross-sectional observational. Research subjects from the medical record archives of stroke patients at RSUP Dr. Sardjito is taken by simple random sampling technique, which has fulfilled the inclusion and exclusion criteria. Analysis of the relationship between hyperlipidemia and stroke functional outcome was tested by the Chi-Squared test. It is said to be statistically significant if the value is  $p < 0.05$ .

**Results:** There were 105 research subjects with a mean age of  $\pm SD = 58.87 \pm 12.639$ . Based on age categories there are subjects with  $\text{age} \geq 55$  years as much as 62.9%; men as much as 63.8%; with infarction stroke were 72.4%; with a history of previous strokes of 22.9%; with hypertension were 91.4%; with DM as much as 45.7%; with hyperlipidemia as much as 55.2%; subjects who experienced poor functional stroke outcomes were 39%. Bivariate analysis between hyperlipidemia and stroke functional outcome gave statistically significant results ( $P = 0.023$ ). Multivariate hyperlipidemia analysis showed statistically significant results ( $P = 0.022$ ).

**Conclusion:** There was a statistically significant relationship between hyperlipidemia and the functional outcome of stroke patients based on the Barthel Index value.

**Keywords:** Stroke, functional outcome, Barthel Index, hyperlipidemia.