

INTISARI

PENGARUH PURSED-LIPS BREATHING TERHADAP KUALITAS HIDUP PENDERITA PENYAKIT PARU OBSTRUKTIF KRONIK DENGAN SKOR *THE SHORT FORM-36 (SF-36)*

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Latar Belakang dan Tujuan. Penyakit paru obstruktif kronik (PPOK) adalah penyakit yang prevalensinya cukup tinggi yang ditandai dengan obstruksi jalan napas yang ireversibel. Gejala yang paling sering muncul seperti sesak saat aktivitas dan kelelahan serta memiliki dampak negatif pada kualitas hidup pasien dan membatasi aktivitas fisik dalam kehidupan sehari-hari. Tujuan terapi PPOK salah satunya adalah untuk meningkatkan kualitas hidup pasien. *Pursed-Lips Breathing* (PLB) sebagai salah satu pilihan rehabilitasi paru diketahui memperbaiki pola nafas, meningkatkan volume tidal dan mengurangi sesak nafas. Tujuan penelitian ini untuk membuktikan pengaruh PLB terhadap kualitas hidup pasien PPOK yang diukur dengan kuesioner *The Short-Form 36*.

Bahan dan Metode. Penelitian prospektif, *single-blind, randomized controlled trial*, yang dilakukan di RSKP Paru Respira, Bantul, Yogyakarta. Subyek penelitian adalah pasien PPOK stabil yang memenuhi kriteria inklusi dan eksklusi. Skor SF-36 dinilai pada kedua kelompok sebelum dan sesudah 28 hari (4 minggu). Variabel bebas perlakuan PLB dan variabel terikat skor SF-36 yang diukur sebelum dan sesudah perlakuan. Analisis statistik dilakukan dengan uji beda rerata antara kelompok perlakuan dan kelompok kontrol.

Hasil. Tujuh puluh delapan pasien (usia rerata, 63 tahun) pasien kelompok perlakuan berjumlah 41 subyek meneruskan terapi standar dan melakukan PLB 8 menit selama 28 hari (4 minggu). Kelompok kontrol berjumlah 37 pasien, hanya meneruskan terapi standar sebelumnya. Kelompok perlakuan PLB menunjukkan peningkatan rerata delta skor SF-36 yang bermakna terutama pada aspek Fungsi Fisik, Peran Fisik dan Fungsi Sosial. Terdapat perbedaan rerata total skor SF-36 pada perlakuan PLB didapatkan lebih besar ($8,93 \pm 15,85$) dibandingkan dengan kelompok kontrol ($2,09 \pm 8,15$) dengan perbedaan rerata 6,84 poin dari 100 poin skor total, $p=0,033$ ($p<0,05$).

Kesimpulan. Terdapat perbaikan skor SF-36 pada penderita PPOK yang mendapatkan terapi standar dan rehabilitasi paru dengan teknik *pursed-lips breathing* (PLB) selama empat minggu.

Kata Kunci. PPOK, Penyakit Paru Obstruktif Kronik, Kualitas Hidup, PLB, *Pursed-Lips Breathing*, SF-36.

ABSTRACT

EFFECT OF PURSED-LIPS BREATHING ON QUALITY OF LIFE CHRONIC OBSTRUCTIVE DISEASE PATIENTS WITH THE SHORT FORM-36 (SF-36)

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Background and Objectives. Chronic obstructive pulmonary disease (COPD) is a disease of high prevalence that is characterized by irreversible airway obstruction. The most frequent symptoms such as tightness during activity and fatigue and have a negative impact on the quality of life of patients and limit physical activity in everyday life. One of the goals of COPD therapy is to improve the quality of life of patients. Pursed-Lips Breathing (PLB) as one of the pulmonary rehabilitation options is known to improve breathing patterns, increase tidal volume and reduce shortness of breath. The purpose of this study was to prove the influence of PLB on the quality of life of COPD patients as measured by the questionnaire The Short-Form 36.

Materials and Methods. A prospective, single-blind, randomized controlled trial study was conducted at RSKP Paru Respira, Bantul, Yogyakarta. The subjects of the study were stable COPD patients who met the inclusion and exclusion criteria. The SF-36 score was assessed in both groups before and after 28 days (4 weeks). The independent variable PLB treatment and the dependent variable SF-36 score were measured before and after treatment. Statistical analysis was carried out by a mean difference test between the treatment group and the control group.

Results. Seventy-eight patients (mean age, 63 years) in treatment group patients amounted to 41 subjects continuing standard therapy and doing 8-minute PLB for 28 days (4 weeks). The control group numbered 37 patients, only continuing the previous standard therapy. The PLB treatment group showed an increase in the mean delta of the SF-36 score which was especially significant in aspects of Physical Function, Physical Role and Social Function. There was a difference in the average total SF-36 score in the PLB treatment obtained greater (8.93 ± 15.85) compared to the control group (2.09 ± 8.15) with mean difference 6,84 of the 100 points total score, $p = 0.033$ ($p < 0, 05$).

Conclusion. There was an improvement in the SF-36 score in COPD patients who received standard therapy and pulmonary rehabilitation with a pursed-lips breathing (PLB) technique for four weeks.

Keywords. COPD, Chronic Obstructive Pulmonary Disease, Quality of Life, PLB, Pursed-Lips Breathing, SF-36.