

# PERBEDAAN KUALITAS HIDUP ANTARA PASIEN KARSINOMA NASOFARINGS STADIUM AWAL DAN STADIUM LANJUT DI RSUP DR. SARDJITO YOGYAKARTA

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## INTISARI

**Latar Belakang** : Penderita Karsinoma Nasofarings (KNF) stadium lanjut memiliki kualitas hidup yang masih baik dibandingkan dengan jenis kanker lain, yang menyebabkan penderita mengalami salah diagnosis atau berobat ke dokter dalam kondisi stadium lanjut, sehingga terapi menjadi lebih kompleks. Diperlukan penelitian menggunakan pengukuran kuesioner spesifik untuk kanker kepala-leher yaitu *European Organization For Research And Treatment Of Cancer Head and Neck Cancer Quality of Life Questionnaire* (EORTC QLQ-H&N35) untuk mendeteksi perubahan kecil dalam kualitas hidup pasien KNF pada awal ditegakkannya stadium klinis.

**Metode** : Penelitian *cross sectional* (potong lintang), seluruh pengamatan subyek penelitian dilakukan satu kali pada awal ditegakkannya stadium KNF dan pada episode yang sama di poli THTKL RSUP Dr. Sardjito Yogyakarta mulai bulan September 2018 - Maret 2019.

**Hasil** : Dari 78 subyek penelitian terdiri dari 50 laki-laki & 28 perempuan terdiagnosis Karsinoma Nasofarings, pada subyek penelitian pasien KNF dari penilaian *European Organization For Research And Treatment Of Cancer - Head and Neck Cancer Quality of Life Questionnaire* (EORTC QLQ-H&N35) dihasilkan stadium awal yang memiliki kualitas hidup baik yaitu sebanyak 11 orang (14,1%) dan yang memiliki kualitas hidup buruk yaitu sebanyak 1 orang (1,3%), sedangkan pasien KNF stadium akhir yang memiliki kualitas hidup baik sebanyak 62 orang (79,5%) dan yang memiliki kualitas hidup buruk sebanyak 4 pasien (5,1%).

**Kesimpulan** : Tidak terdapat perbedaan yang bermakna antara stadium klinis dengan kualitas hidup penderita KNF.

**Kata Kunci** : Karsinoma Nasofarings, Kualitas Hidup, EORTC QLQ-H&N35.

## DIFFERENCES IN QUALITY OF LIFE OF PATIENTS IN EARLY STAGE AND LATE STAGE OF NASOPHARYNGEAL CANCER IN DR. SARDJITO HOSPITAL YOGYAKARTA

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### ABSTRACT

**Background:** Patients with late stage nasopharyngeal carcinoma (NPC) have a better quality of life compared to patients with other types of cancer, however this causes the patients with nasopharyngeal cancer to be misdiagnosed and some of them might go to a doctor at an advanced stage, in which the therapy will become more complex. Research is needed to use specific questionnaire measurements for head-neck cancer, the European Organization for Research and Treatment of Cancer Head and Neck Cancer Quality of Life Questionnaire (EORTC QLQ-H & N35) to detect small changes in the quality of life of NPC patients at the onset of the clinical stage.

**Methods:** This research is a cross-sectional study, in which all observations of study subjects were made once at the beginning of the NPC stage and at the same episode otorhinolaryngology clinic in Dr. Sardjito Hospital Yogyakarta from September 2018 - March 2019.

**Results:** Of the 78 study subjects, 50 men and 28 women were diagnosed with Nasopharyngeal Carcinoma. Based on the European Organization for Research and Treatment of Cancer assessment-Head and Neck Cancer Quality of Life Questionnaire (EORTC QLQ-H & N35), it was shown that 11 patients (14.1%) with early stage NPC had good quality of life and 1 person (1.3%) had poor quality of life, while 62 patients (79.5%) with late stage NPC had good quality of life and 4 patients (5.1%) had poor quality of life

**Conclusion:** There is no significant difference between the clinical stage and the quality of life of patients with NPC

**Keywords:** Nasopharyngeal Carcinoma, Quality of Life, EORTC QLQ-H&N35.