

PERBEDAAN KUALITAS HIDUP PASIEN KARSINOMA NASOFARING PASCA TERAPI ANTARA RESPON KOMPLIT DAN RESPON TIDAK KOMPLIT

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INTISARI

Latar belakang: Karsinoma nasofaring (KNF) merupakan keganasan yang berasal dari lapisan epitelial nasofaring, sangat invasif dan lebih sering menimbulkan metastasis dibandingkan kanker kepala leher (KKL) yang lain. Penilaian kualitas hidup penting dilakukan pada pasien KNF karena penyakit dan terapinya dapat mempengaruhi beberapa fungsi penting dalam hidup, meliputi nutrisi, komunikasi, dan hubungan sosial. Hasil terapi penderita kanker umumnya dinilai dari angka kelangsungan hidup dan angka kontrol penyakit secara lokal/regional. 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 kualitas hidup pasien KNF pasca terapi.

Tujuan: Untuk mengetahui perbedaan kualitas hidup pasien KNF pasca kemoradioterapi antara respon komplit dengan respon tidak komplit di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian *cross sectional* (potong lintang), dimana seluruh pengamatan subyek penelitian dilakukan satu kali pada pasien KNF yang telah menyelesaikan kemoradioterapi dan pada episode yang sama di poli THTKL RSUP Dr. Sardjito Yogyakarta pada bulan Desember 2019.

Hasil: 51 subyek penelitian terdiri dari 33 laki-laki & 18 perempuan, pada pasien KNF pasca kemoradioterapi dengan penilaian *European Organization For Research And Treatment Of Cancer - Head and Neck Cancer Quality of Life Questionnaire (EORTC QLQ-H&N35)* didapatkan hasil pasien dengan respon komplit yang memiliki kualitas hidup baik sebanyak 25 orang (49,0%) dan yang memiliki kualitas hidup buruk sebanyak 2 orang (3,9%), sedangkan pasien dengan respon tidak komplit yang memiliki kualitas hidup baik sebanyak 9 orang (17,7%) dan yang memiliki kualitas hidup buruk sebanyak 15 pasien (29,4%).

Kesimpulan: Terdapat perbedaan yang signifikan pada kualitas hidup pasien KNF pasca kemoradioterapi antara respon komplit dan respon tidak komplit.

Kata Kunci: Karsinoma Nasofaring, Kualitas Hidup, Respon Terapi, EORTC QLQ-H&N35

QUALITY OF LIFE DIFFERENCE BETWEEN COMPLETE RESPONSE AND INCOMPLETE RESPONSE IN NASOPHARYNGEAL CARCINOMA PATIENTS

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ABSTRACT

Background: Nasopharyngeal carcinoma (NPC) is a malignancy from the epithelial of the nasopharynx, it is very invasive and often metastasize more frequently than other head and neck cancers. The assessment of quality of life is important in NPC patients because the disease and the treatment can affect important functions in life, including nutritional information for status, communication, and social relations. Cancer therapy outcomes are generally judged by survival rates and disease control locally / regionally. Research is required to use specific questionnaire measurements for head-neck cancer namely the European Organization for Research and Treatment of Cancer Head and Neck Cancer Quality of Life Questionnaire (EORTC QLQ-H & N35) to detect changes in the quality of life of NPC patients post-therapy.

Objective: To know the difference in quality of life of post therapy nasopharyngeal carcinoma patients between complete and incomplete response.

Methods: A cross sectional study, all observations of the research subjects were carried out once from NPC patients who had completed chemoradiotherapy in the same time in the ENT Head and Neck Surgery clinic of Dr. Sardjito Hospital in Yogyakarta on December 2019.

Results: 51 subjects consisted of 33 men & 18 women, in NPC patients after chemoradiotherapy using the European Organization For Research And Treatment Of Cancer - Head and Neck Cancer Quality of Life Questionnaire (EORTC QLQ-H & N35) the assessment results obtained by patients with complete response who have good quality of life is 25 people (49.0%) and who have poor quality of life is 2 people (3.9%), while patients with incomplete response who have good quality of life is 9 people (17.7%) and 15 patients with poor quality of life (29.4%).

Conclusion: There is a significant difference in the quality of life from NPC patients after chemoradiotherapy between complete and incomplete responses.

Keywords: Nasopharyngeal Carcinoma, Quality of Life, Therapeutic Response, EORTC QLQ-H & N35