

HUBUNGAN ANTARA AKTIVITAS FISIK DENGAN KEPARAHAN LESI ARTERI KORONER PADA PASIEN YANG MENGALAMI PENYAKIT ARTERI KORONER

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INTISARI

Latar belakang: Penimbunan plak aterosklerotik pada arteri pensuplai jantung merupakan karakteristik Penyakit Arteri Koroner (PAK). Plak ini dapat menyebabkan sumbatan dan memengaruhi aliran darah. Riskesdas 2013 menunjukkan 5/1000 orang di Indonesia terdiagnosis oleh dokter PAK. Aktivitas fisik rutin diketahui efektif dalam pencegahan penyakit kardiovaskuler, perbaikan gejala klinis PAK, dan pencegahan progresi plak koroner. Tingkat aktivitas fisik dapat diukur dengan berbagai cara salah satunya yaitu dengan kuesioner. Angiografi koroner merupakan baku emas dalam mengetahui lesi arteri koroner. Keparahan lesi koroner dapat diukur dengan sisten skor seperti system skor Gensini. Telah banyak penelitian yang membahas hubungan antara aktivitas fisik dan penyakit kardiovaskular. Namun, informasi mengenai hubungan antara aktivitas fisik dengan derajat keparahan lesi koroner masih terbatas. Sehingga perlu dilakukan kajian lebih lanjut.

Tujuan: Mengetahui hubungan tingkat aktivitas fisik dengan keparahan lesi arteri koroner.

Metode: Penelitian ini menggunakan desain penelitian observasional analitik dengan metode potong lintang (*cross-sectional*). Subjek merupakan pasien dengan Penyakit Arteri Koroner (PAK) yang menjalani angiografi koroner pada tahun 2018 di Instalasi Rawat Jantung RSUP Dr. Sardjito. Derajat keparahan lesi koroner diukur dengan menggunakan skor Gensini. Sedangkan tingkat aktivitas fisik diukur dengan menggunakan kuesioner yang diadaptasi dari kuesioner faktor risiko PTM WHO STEPs. Analisis dilakukan dengan menggunakan uji *Chi-Square*.

Hasil: Subjek dengan tingkat aktivitas fisik yang memenuhi rekomendasi memiliki derajat keparahan lesi arteri koroner: ringan sebanyak 19 orang (25,0%), derajat sedang 9 orang (11,8%), dan derajat berat 48 orang (63,1%). Sedangkan subjek yang tidak memenuhi rekomendasi memiliki derajat keparahan lesi arteri koroner: ringan sebanyak 14 orang (20,0%), sedang 8 orang (11,4%), dan berat 48 orang (68,5%). Berdasarkan hasil analisis uji *Chi-square*, tingkat aktivitas fisik tidak memiliki hubungan yang bermakna secara statistik dengan keparahan lesi arteri koroner. Dengan nilai $p=0,752$.

Kesimpulan: Tidak terdapat hubungan yang bermakna antara tingkat aktivitas fisik dengan keparahan lesi arteri koroner.

Kata Kunci: Penyakit arteri koroner, penyakit jantung koroner, aterosklerosis, aktivitas fisik, derajat keparahan lesi koroner, skor Gensini

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND THE THE SEVERITY OF CORONARY ARTERY LESION IN PATIENTS WITH CORONARY ARTERY DISEASE

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ABSTRACT

Background: The accumulation of atherosclerotic plaque in the arteries supplying the heart is a characteristic of coronary artery disease (CAD). This plaque can cause blockages and affect blood flow. Riskesdas 2013 shows that 5/1000 people in Indonesia are diagnosed CAD by doctors. Routine physical activity is known to be effective in preventing cardiovascular disease, improving clinical symptoms of CAD, and preventing coronary plaque progression. The level of physical activity can be measured in various ways, one of which is a questionnaire. Coronary angiography is the gold standard in identifying coronary artery lesions. The severity of coronary lesions can be measured by a scoring system such as the Gensini scoring system. There have been many studies discussing the relationship between physical activity and cardiovascular disease. However, there is limited information on the relationship between physical activity and the severity of coronary lesions. So it is necessary to do further studies.

Objective: To determine the relationship between the level of physical activity and the severity of coronary artery lesions.

Methods: This study used an analytic observational study design with a cross-sectional method. Subjects were patients with Coronary Artery Disease (CAD) who underwent coronary angiography in 2018 at the Dr. Sardjito. The severity of coronary lesions was measured using the Gensini score. While the level of physical activity was measured using a questionnaire adapted from the WHO STEPs questionnaire. Analysis was performed using the Chi-Square test.

Results: Subjects with a level of physical activity that met the recommendations had the severity of coronary artery lesions: mild as many as 19 people (25.0%), moderate degree 9 people (11.8%), and severe degrees 48 people (63.1%). While the subjects who did not meet the recommendations had the severity of coronary artery lesions: mild as many as 14 people (20.0%), moderate 8 people (11.4%), and severe 48 people (68.5%). Based on the results of the Chi-square test analysis, the level of physical activity did not have a statistically significant relationship with the severity of coronary artery lesions. With a p value = 0.752.

Conclusion: There is no significant relationship between the level of physical activity and the severity of coronary artery lesions.

Keywords: Coronary artery disease, coronary heart disease, atherosclerosis, physical activity, coronary lesion severity, Gensini scor