

INTISARI

HUBUNGAN SIMTOM DEPRESI DENGAN JARAK TEMPUH *SIX MINUTES WALK TEST* (6MWT) PADA PASIEN GAGAL JANTUNG KRONIS DI RSUP DR. SARDJITO YOGYAKARTA

June Elita Rahardiyanti¹, Agus Siswanto², Hasanah Mumpuni³
PPDS Ilmu Penyakit Dalam¹, Subbagian Psikosomatik², Subbagian Jantung dan
Pembuluh Darah

Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan UGM/
RSUP Dr. Sardjito Yogyakarta

Latar Belakang: Gagal jantung merupakan masalah kesehatan dengan angka mortalitas dan morbiditas yang tinggi. Gejala utama gagal jantung seperti sesak napas dan mudah lelah, serta tingginya angka rehospitalisasi dan mortalitas dapat menyebabkan keterbatasan fungsional. Keterbatasan fungsional dapat mempengaruhi kualitas hidup dan berkaitan dengan kondisi psikologis pasien, seperti depresi dan bentuk reaksi psikis lainnya. Depresi pada gagal jantung terbukti menjadi prediktor terkuat dari penurunan jangka pendek status kesehatan, perburukan gejala gagal jantung yang signifikan, fungsi fisik dan sosial, dan kualitas hidup. Kualitas hidup dan kapasitas fungsional dalam gagal jantung merupakan topik yang paling banyak diteliti. Tes jalan 6 menit (6MWT) dapat digunakan untuk menilai kapasitas fungsional dan sangat berguna untuk menilai prognosis pasien dalam menjalani kehidupan sehari-hari.

Tujuan Penelitian: Mengetahui korelasi antara simtom depresi terhadap jarak tempuh 6 *minutes walk test* (6MWT) pada penderita gagal jantung kronis.

Metode Penelitian: Penelitian ini menggunakan metode potong lintang (*cross sectional study*), berlangsung pada bulan Juli sampai dengan September tahun 2020 di Instalasi Instalasi Rawat Jalan Bagian Jantung RSUP Dr Sardjito Yogyakarta. Subjek penelitian ini adalah pasien gagal jantung yang rutin kontrol dan memenuhi kriteria inklusi dan eksklusi. Dilakukan pengambilan data simtom depresi yang diukur menggunakan 2 instrumen, yaitu PHQ-9 dan BDI-II sebagai variabel bebas. Kapasitas fungsional uji jalan 6 menit (6MWT) sebagai variabel tergantung. Dan beberapa faktor yang mempengaruhi uji jalan 6 menit (6MWT). Analisis korelasi menggunakan *Spearman*.

Hasil Penelitian: Penelitian ini diikuti oleh 50 subjek. Pada hasil korelasi spearman didapatkan hasil negatif sangat lemah, tidak signifikan pada PHQ-9 ($r=-0.121$, $p=0.403$) dan negatif lemah, signifikan pada BDI-II ($r=-0.210$, $p=0.143$). dilakukan uji multivariat pada variabel BDI-II, namun didapatkan hasil tidak signifikan ($p=0.691$).

Kesimpulan: Tidak didapatkan korelasi antara simtom depresi yang diukur menggunakan PHQ-9 dan BDI-II dengan jarak tempuh *six minutes walk test* (6MWT) pada pasien gagal jantung kronis di RSUP Dr. Sardjito Yogyakarta.

Kata kunci: *six minutes walk test* (6MWT), simtom depresi, PHQ-9, BDI-II, gagal jantung kronis.

ABSTRACT

THE RELATIONSHIP BETWEEN DEPRESSION SYMPTOM WITH THE DISTANCE OF SIX MINUTES WALK TEST (6MWT) IN PATIENTS WITH CHRONIC HEART FAILURE AT RSUP DR. SARDJITO YOGYAKARTA

June Elita¹, Agus Siswanto², Hasanah Mumpuni³

Resident of Internal Medicine¹

Staff of Psychosomatic Division², Staff of Cardiology and Vascular Medicine³

Internal Medicine Department Faculty of Medicine, Public Health and Nursing Gadjah Mada University/ Dr. Sardjito Hospital Yogyakarta

Background: Heart failure is a health problem with high mortality and morbidity. The main symptoms of heart failure such as shortness of breath and fatigue, as well as high rehospitalization rates and mortality can lead to functional limitations. Functional limitations can affect the quality of life and related to the patient's psychological conditions, such as depression and other forms of psychological reactions. Depression in heart failure was shown to be the strongest predictor of short-term decline in health status, significant worsening of heart failure symptoms, physical and social functioning, and quality of life. Quality of life and functional capacity in heart failure are the most studied topics. The 6-minute walk test (6MWT) can be used to assess functional capacity and is very useful for assessing the prognosis of patients in their daily life.

Objective: Knowing the correlation between depression symptoms and the distance of 6 minutes walk test (6MWT) in patients with chronic heart failure.

Methods: This study used a cross sectional study, which took place from July to September 2020 at the Outpatient of the Departement of Cardiology and Vascular Medicine Dr. Sardjito Hospital Yogyakarta. The subjects of this study were heart failure patients who were routinely controlled and met the inclusion and exclusion criteria. Depression symptom data were collected using 2 instruments, namely PHQ-9 and BDI-II as independent variables. The functional capacity of the 6 minute run test (6MWT) as dependent variable. And several factors influence the 6 minute walk test (6MWT). Correlation analysis using Spearman.

Research Results: This study was followed by 50 subjects. The Spearman correlation results were very weak negative results, not significant at PHQ-9 ($r = -0.121$, $p = 0.403$) and weak negative results, significant at BDI-II ($r = -0.210$, $p = 0.143$). Multivariate test was carried out on the BDI-II variable, but the results were not significant ($p = 0.691$).

Conclusion: There is no correlation between depression symptoms as measured by using PHQ-9 and BDI-II with a distance of six minutes walk test (6MWT) in chronic heart failure patients at Dr. Sadjito Hospital Yogyakarta.

Keywords: six minutes walk test (6MWT), depression symptoms, PHQ-9, BDI-II, chronic heart failure.