

Quality of life of Chronic Rhinosinusitis Patient Before and After Functional Endoscopic Sinus Surgery

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ABSTRACT

Chronic rhinosinusitis (CRS) is a disease related to many factors and affect the quality of life significantly. The number of CRS cases requiring surgery treatment is quite high in Indonesia, especially Yogyakarta. A specific questionnaire, such as Sinonasal Outcome Test-22 (SNOT-22) can specifically assess the quality of life, assist in diagnosis and patient management as well as assess improvement in the quality of life of the patient before and after endoscopic sinus surgery. This research is intended to find out the improvement in the quality of life of the CRS patient undergoing BSEF at RSUP Dr. Sardjito. This is *before-after observational analytic study*. The quality of life of RSK patient undergoing BSEF treatment is assessed using SNOT-22 before and after BSEF, specifically in week two, week three and week four and then compared individually at ENT-HN clinic of RSUP Dr. Sardjito. There are 30 research subjects, consisting of 16 males and 14 females. According to this research, it is obtained that the mean difference of the improvement in the score of SNOT-22 before treatment and two weeks after treatment is 94.7 with p-value of 0.067; the mean difference of the improvement in the score of SNOT-22 before treatment and three weeks after treatment is 21.67 with p-value: 0.000; the mean difference of the improvement in the score of SNOT-22 before treatment and four weeks after treatment is 31.97 with p-value of 0.000. According to this research, it can be concluded that there is improvement in the quality of life of RSK patient undergoing BSEF at RSUP Dr. Sardjito starting from the third and fourth week post-operation.

Keyword: chronic rhinosinusitis, functional endoscopic sinus surgery, SNOT-22, the quality of life.

Kualitas Hidup Penderita Rinosinusitis Kronik Sebelum dan Sesudah Bedah Sinus Endoskopi Fungsional

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INTISARI

Rinosinusitis Kronik (RSK) merupakan penyakit yang melibatkan banyak faktor dan memberikan dampak yang signifikan terhadap kualitas hidup. Angka kejadian RSK yang membutuhkan tindakan operasi masih cukup tinggi di Indonesia, khususnya di Yogyakarta. Kuesioner spesifik, seperti *Sinonasal Outcome Test-22* (SNOT-22) dapat menilai secara spesifik kualitas hidup, membantu diagnosis dan tatalaksana pasien serta dapat menilai perbaikan kualitas hidup Pasien sebelum dan sesudah bedah sinus endoskopi (BSEF). Tujuan penelitian ini untuk mengetahui perbaikan kualitas hidup penderita RSK yang menjalani BSEF di RSUP Dr. Sardjito. Penelitian ini *before-after observational analytic study*. Penderita RSK yang menjalani Tindakan BSEF, dinilai kualitas hidup menggunakan SNOT-22 sebelum dan sesudah BSEF, yaitu minggu kedua, minggu ketiga dan minggu keempat dan kemudian dibandingkan skor masing-masing di poli T.H.T.K.L RSUP Dr. Sardjito. Terdapat 30 subjek penelitian, yang terdiri dari 16 laki-laki dan 14 perempuan. Dari hasil penelitian ini didapatkan beda rata-rata perbaikan skor SNOT-22 sebelum tindakan dan minggu kedua setelah tindakan sebesar 94,7 dengan nilai $p: 0,067$; beda rata-rata perbaikan skor SNOT-22 sebelum tindakan dan minggu ketiga setelah tindakan sebesar 21,67 dengan nilai $p:0,000$; beda rata-rata perbaikan skor SNOT-22 sebelum tindakan dan minggu keempat setelah tindakan sebesar 31,97 dengan nilai $p:0,000$. Berdasarkan hasil penelitian ini dapat disimpulkan bahwa terdapat perbaikan kualitas hidup penderita RSK yang menjalani BSEF di RSUP Dr. Sardjito mulai minggu ketiga dan keempat post operasi.

Kata Kunci: rinosinusitis kronik, bedah sinus endoskopi fungsional, SNOT-22, kualitas hidup.