INTISARI

Coronavirus Disease 2019 (COVID-19) merupakan suatu penyakit akibat infeksi virus *Severe Acute Respiratory Syndrome Coronavirus*-2 (SARS-CoV-2). Batuk, sesak, dan demam menjadi gejala utama pasien COVID-19 meskipun gejala lain seperti myalgia dan diare juga pernah dilaporkan. Berbagai studi penelitian di negara lain terutama Cina telah melaporkan terapi pada pasien COVID-19 sementara di Indonesia belum ditemukan. Tujuan penelitian ini adalah mengidentifikasi dan mengkaji karakteristik, terapi dan luaran pasien COVID-19 di Rumah Sakit Wava Husada Malang, salah satu rumah sakit rujukan COVID-19.

Penelitian ini merupakan penelitian deskriptif dengan desain *case series* dan pengambilan data sekunder secara retrospektif melalui rekam medik. Teknik pengambilan data yang digunakan adalah *purposive sampling* sehingga didapatkan jumlah sampel sebanyak 21 pasien COVID-19 di RSWH Malang sesuai kriteria inklusi dan dianalisis secara deskriptif.

Tingkat keparahan pasien COVID-19 yang ditemukan adalah sedang dan berat masing-masing 10 pasien dan kritis sebanyak 1 pasien. Sebesar 81% pasien ditemukan gejala awal sesak dan 76,2% ditemukan batuk. Beberapa gejala lain yang ditemukan antara lain demam (57,1%), diare (19%), mual/muntah (33,3%), pusing (14,3%) dan anoreksia (4,8%). Berdasarkan karakteristik laboratorium ditemukan jumlah leukosit dan platelet normal, jumlah limfosit yang rendah serta NLR yang tinggi. Terapi yang paling banyak ditemukan antara lain antibiotik (100%), vitamin (76,2%), oseltamivir (61,9%) dan kortikosteroid (61,9%). Selain itu ditemukan juga pemberian hidroksiklorokuin (14,3%) dan enoksaparin (19%). Luaran berdasarkan status keluar pasien ditemukan 71,4% membaik sementara 28,6% meninggal. Diperlukan studi lanjut evaluasi terapi terhadap respon klinis pasien COVID-19 dengan jumlah sampel yang lebih besar.

Kata kunci : COVID-19 sedang-berat, Karaktertik, Terapi, Luaran

ABSTRACT

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS CoV-2). The main clinical symptoms of COVID-19 patients is cough, shortness of breath, and fever although other symptoms such as diarrhea have also been reported. Various research studies in other countries have reported therapeutic patterns in COVID-19 patients while in Indonesia it has not been found. The purpose of this study was to identify and examine clinical dan laboratory characteristics, therapeutic patterns and outcomes of COVID-19 patients at Wava Husada Hospital Malang.

This research is a descriptive study with a case series design and retrospective secondary data collected through medical records. The data collection technique used was purposive sampling, which obtained the number of samples of 21 COVID-19 patients, according to inclusion criteria and analyzed descriptively.

The severity of the COVID-19 patients found was moderate and severe, respectively 10 patients and 1 patient of the critical state. A 81% of patients found the initial symptoms of shortness of breath and 76,2% cough. Several other symptoms found included fever (57.1%), diarrhea (19%), nausea/vomiting (33.3%), dizziness (14.3%) and anorexia (4.8%). Based on laboratory characteristics found normal leukocyte and platelet counts, low lymphocyte counts and high NLR. The most common therapies were antibiotics (100%), vitamins (76.2%), oseltamivir (61.9%) and corticosteroids (61.9%). In addition, it was also found the administration of hydroxychloroquine (14.3%) and enoxaparin (19%). Outcome based on the patient's discharge status found 71.4% improved while 28.6% died. Further studies are needed to evaluate clinical therapy for COVID-19 patients with a larger sample size.

Keywords: Moderate-severe COVID-19, characteristics, therapy, outcome