

Intisari

Kualitas Hidup Pasien Tuberkulosis Paru Dewasa Pada Awal Terapi Dengan Obat Kombinasi Dosis Tetap

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Latar belakang: Penyakit tuberkulosis salah satu beban kesehatan di Indonesia. Kualitas hidup penderita penyakit tuberkulosis umumnya buruk. Belum ada data tentang kualitas hidup penderita tuberkulosis pada awal terapi di Yogyakarta dan hubungan gambaran klinis dengan kualitas hidup penderita.

Tujuan : untuk menilai kualitas hidup pasien tuberkulosis paru dewasa pada awal terapi dengan obat kombinasi dosis tetap.

Metode : Studi diskriptif analitik menggunakan kuesioner secara *cross-sectional*. Pengukuran skor kualitas hidup dilakukan dengan kalkulator SGRQ. Pengambilan data gambaran klinis dari *Case Report Form*.

Hasil : Gambaran klinis umumnya terjadi pada mayoritas penderita tuberkulosis kecuali gejala batuk berdarah. Kualitas hidup penderita tuberkulosis paru dewasa di Yogyakarta umumnya terganggu, komponen yang paling dipengaruhi adalah gejala (53,9%). Terdapat beberapa karakteristik dan gambaran klinis yang signifikan mempengaruhi skor QoL baik per komponen maupun secara total QoL antara lain keringat malam hari, penurunan berat badan, penurunan nafsu makan, sesak nafas dan nyeri dada ($p\text{-value} < 0,05$). Rata-rata Nilai QoL adalah 0,63. Terdapat korelasi negatif antara skor total kualitas hidup dan nilai QoL.

Kesimpulan: Penyakit tuberkulosis mempengaruhi kualitas hidup penderita utamanya adalah komponen gejala. Semakin tinggi skor total kualitas hidup maka semakin rendah nilai kualitas hidup penderita tuberkulosis.

Kata kunci: Tuberkulosis, SGRQ, kualitas hidup

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Abstract

Quality of Life of Adult Patients Tuberculosis in Early Therapy with Fixed Dose Combination Drugs

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Background: Tuberculosis is one of burden of disease in Indonesia. Quality of life of people with tuberculosis is generally poor. There are no data about quality of life of tuberculosis patient at the start of therapy in Yogyakarta and the relationship with the clinical picture of the quality of life of patients.

Objective: to assess the quality of life of adult patients with pulmonary tuberculosis at start of therapy with the fixed dose combination drugs.

Methods: The study used a descriptive analytic cross-sectional questionnaire. Measurement of quality of life scores performed by the calculator SGRQ. Retrieval clinical features data from the Case Report Form.

Results: The clinical features generally occurs in the majority of patients with tuberculosis unless symptoms of coughing up blood. Quality of life of adult patients with lung tuberculosis in Yogyakarta generally disturbed, the components most affected are the symptoms (53,9%). There are several characteristics and clinical features that significantly influence QoL scores either a component or a total QoL include night sweats, lost of weight, decreased appetite, shortness of breath and chest pain (p-value <0,05). QoL average value is 0,63. There is a negative correlation between the total score of quality of life and the value of QoL.

Conclusions: Tuberculosis affects the quality of life of patients especially component of the symptoms. The higher the total score, the lower the quality of life of the value of the quality of life of people with tuberculosis.

Keywords: Tuberculosis, SGRQ, quality of life

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