

INTISARI

PERBEDAAN KUALITAS HIDUP PASIEN KANKER SERVIKS STADIUM LANJUT PASCA KEMOTERAPI DAN PASCA RADIOTERAPI

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Latar Belakang: Peningkatan jumlah survivor kanker serviks memberikan perhatian khusus terhadap dampak penyakit kanker dan pengobatannya terhadap kualitas hidup pasien. Beberapa pilihan terapi pengobatan kanker serviks yaitu kemoterapi dan radioterapi memiliki efek samping yang dapat menyebabkan perubahan pada kualitas hidup pasien.

Tujuan: Menganalisa perbedaan kualitas hidup pasien kanker serviks stadium lanjut pasca kemoterapi dan pasca radioterapi.

Metode: Populasi penelitian adalah seluruh pasien kanker serviks stadium lanjut pasca kemoterapi dan pasca radioterapi di RSUP Dr. Sardjito Yogyakarta dan RSUP Dr. Kariadi Semarang bulan Juli 2015-Januari 2016. Penelitian ini menggunakan teknik *consecutive sampling* dengan 60 responden pasien kanker serviks pasca kemoterapi dan 34 responden pasien kanker serviks pasca radioterapi. Penelitian ini menggunakan instrumen EORTC QLQ-C30 versi Bahasa Indonesia. Pasien diukur kualitas hidupnya dalam waktu 1 minggu setelah menyelesaikan 1 siklus kemoterapi atau radioterapi.

Hasil: Pasien kanker servik pasca kemoterapi memiliki nilai rerata skala fungsional >50, nilai rerata skala kesehatan umum $59,98 \pm 15,116$, dan nilai rerata skala gejala <50 kecuali gejala kelelahan, gejala mual muntah, dan gejala kehilangan nafsu makan. Pasien kanker servik pasca radioterapi memiliki nilai rerata skala fungsional >50, nilai rerata skala kesehatan umum $59,98 \pm 15,116$, dan nilai rerata skala gejala <50 kecuali gejala kelelahan pada pasien pasca radioterapi. Beberapa skala kualitas hidup memiliki nilai $p < 0,05$ yaitu skala kesehatan umum ($p = 0,003$), gejala mual dan muntah ($p = 0,000$), dan gejala kehilangan nafsu makan ($p = 0,001$).

Kesimpulan: Adanya perbedaan yang bermakna antara kualitas hidup pasien kanker serviks stadium lanjut pasca kemoterapi dengan pasca radioterapi pada skala kesehatan umum, gejala mual dan muntah, dan gejala kehilangan nafsu makan.

Kata Kunci: Kualitas Hidup, Kanker Serviks, Pasca Kemoterapi, dan Pasca Radioterapi

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ABSTRACT

DIFFERENCES IN QUALITY OF LIFE ADVANCED CERVICAL CANCER PATIENTS POST CHEMOTHERAPY AND POST RADIOTHERAPY

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Background: Increasing the number of cervical cancer's survivor giving special attention to the impact of the disease and its treatment on patients's quality of life. Several treatment options for cervical cancer treatment, namely chemotherapy and radiotherapy has side effects that can cause changes in the quality of life of patients.

Objective: Analyze the differences in the quality of life in patients with advanced stage cervical cancer post chemotherapy and post radiotherapy.

Methods: The population in this study were all advanced stage cervical cancer patients post chemotherapy and post radiotherapy at the RSUP Dr. Sardjito and RSUP Dr. Kariadi in July 2015-January 2016. This study used consecutive sampling with 60 respondents of cervical cancer patients post chemotherapy and 34 respondent patients with cervical cancer post radiotherapy. This used EORTC QLQ-C30 in Indonesian version. The patient's quality of life was measured within 1 week after completing the first cycle of chemotherapy or radiotherapy.

Results: Patients's quality of life with cervical cancer post chemotherapy has mean value of functional scale >50 and the mean scale public health $59,98 \pm 15,116$, and mean value of symptom scale <50 except for fatigue, nausea and vomiting, and loss of appetite. Patients's quality of life with cervical cancer post radiotherapy has mean value of functional scale >50 and the mean scale public health $70,97 \pm 16,144$, and mean value of symptom scale <50 except for fatigue. Some life quality scale that has a value of $p < 0.05$ is the general health scale ($p = 0.016$), nausea and vomiting ($p = 0.000$), and the symptoms of loss of appetite ($p = 0.003$).

Conclusion: There is significant differences between patient's quality of life with advanced cervical cancer post chemotherapy and post radiotherapy on a scale public health, symptoms of nausea and vomiting, and loss of appetite.

Keywords: Quality of Life, Cervical Cancer, Post Chemotherapy and Post Radiotherapy

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