

# Keterkontrolan pasien asma di RSUP Persahabatan berdasarkan asthma control test beserta hubungannya dengan kualitas hidup dan compliance terhadap terapi = Asthma control level of asthma patients according to asthma control test and its relationship to quality of life and medication compliance in Persahabatan Hospital Jakarta

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## Abstrak

Tujuan penelitian potong lintang ini adalah menggambarkan tingkat keterkontrolan asma, kualitas hidup, dan kepatuhan pengobatan serta melihat hubungan antara keterkontrolan asma dengan kualitas hidup dan kepatuhan pengobatan. Sebanyak 132 pasien asma poli rawat jalan RSUP Persahabatan menyatakan kesediaan dan mengikuti penelitian ini dengan lengkap. Data diambil melalui wawancara dan pengamatan cara pakai obat. Sebesar 64 pasien (48,5%) menderita asma yang tidak terkontrol dan 68 pasien (51,5%) termasuk dalam asma yang terkontrol. Gambaran kualitas hidup menunjukkan nilai rerata domain gejala sebesar 4,83 ( $\pm 1,49$ ), domain keterbatasan aktivitas sebesar 5,99 ( $\pm 0,86$ ), domain fungsi emosi sebesar 5,13 ( $\pm 1,63$ ), dan domain pajanan lingkungan sebesar 3,89 ( $\pm 1,88$ ).

Gambaran kepatuhan pengobatan pada penelitian ini sebesar 45,5% pasien minum obat sesuai anjuran dokter, 38,6% pasien rutin kontrol ke petugas kesehatan, dan 45,5% menggunakan obat inhalasi dengan benar. Domain pajanan lingkungan berdampak lebih besar terhadap gangguan kualitas hidup dibandingkan dengan domain lainnya. Terdapat hubungan antara keterkontrolan asma dengan kualitas hidup ( $r=0,307$ ,  $p<0,05$ ) dan hubungan antara keterkontrolan asma dengan kepatuhan pengobatan (penggunaan dosis obat, rutin kontrol, dan penggunaan obat inhalasi) ( $p<0,05$ ).

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The aim of this cross-sectional study was to describe the level of asthma control, quality of life, medication compliance, and assess correlation between the level of asthma control, quality of life, and compliance with treatment. A hundred and thirty two patients with asthma in outpatient ward of RSUP Persahabatan hospital have provided consent and completed study. Data collection were conducted from interviews and observation how to use the drug. Sixty four patients (48.5%) had uncontrolled asthma and 68 patients (51.5%) included in the controlled asthma. The mini asthma quality of life questionnaire showed the mean symptom domains score of 4.83 ( $\pm 1.49$ ), activity limitations domain score of 5.99 ( $\pm 0.86$ ), emotional function domain score of 5.13 ( $\pm 1.63$ ), and the environmental stimuli domain of 3.89 ( $\pm 1.88$ ).

Medication compliance revealed that 45,5% used medication dose as recommended by physician, 38,6% visited the physician for routine follow up, and 45,5% used the inhaled medication correctly. Environmental stimuli had more impact in quality of life compared to symptoms, activity limitation and emotional function. There is a relationship between the domain of quality of life with asthma control level ( $r=0,307$ ,  $p<0,05$ ) and there is a relationship between medication dose as recommended by physician, visiting the physician for routine follow up and using the inhaled medication correctly with asthma control level ( $p <0.05$ ).