

Perbedaan rerata skor kualitas hidup pada pasien penyakit paru obstruksi kronik (PPOK) dengan gangguan depresi dan tanpa gangguan depresi di Klinik Asma/PPOK RSUP Persahabatan = Mean difference of quality of life scores between chronic obstructive pulmonary disease copd patients who have depressive disorder and without depressive disorder at asthma copd clinic at Persahabatan Hospital

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Abstrak

Latar Belakang: Komorbiditas depresi pada PPOK dapat memengaruhi kepatuhan pengobatan, hospitalisasi dan kualitas hidup. Salah satu target tatalaksana PPOK adalah meningkatkan kualitas hidup penderitanya. Pasien PPOK dengan gangguan depresi memiliki kualitas hidup yang buruk dibandingkan pasien PPOK tanpa gangguan depresi. Untuk itu perlu diketahui perbedaan rerata skor kualitas hidup pasien PPOK dengan gangguan depresi dan pasien PPOK tanpa gangguan depresi.

Metode: Penelitian potong lintang deskriptif-analitik pada 40 pasien PPOK dengan gangguan depresi dan 40 pasien PPOK tanpa gangguan depresi di klinik Asma/PPOK RSUP Persahabatan menggunakan Mini-International Neuropsychiatric Interview International Classification Of Diseases (MINI ICD 10) dan instrumen World Health Organization Quality Of Life (WHOQOL)-BREF.

Hasil: Terdapat perbedaan median skor kualitas hidup pada pasien PPOK dengan gangguan depresi dan pasien PPOK tanpa gangguan depresi berdasarkan domain kesehatan fisik ($p = 0,005$), domain relasi sosial ($p < 0,001$) dan domain lingkungan ($p = 0,005$). Tidak terdapat perbedaan median skor kualitas hidup berdasarkan domain kesehatan psikologis ($p = 0,421$) namun rerata skor domain kesehatan psikologis pasien dengan PPOK lebih rendah dibanding pasien tanpa gangguan depresi.

Simpulan: Pasien PPOK dengan gangguan depresi cenderung memiliki rerata skor kualitas hidup yang lebih rendah pada domain kesehatan fisik, kesehatan psikologis, relasi sosial, dan lingkungan dibandingkan pasien PPOK tanpa gangguan depresi.

Background: Comorbid depression in COPD affects patient's medical adherence, hospitalization and quality of life. One of the COPD management is improving the patient's quality of life. COPD patients who have depression disorder have lower quality of life scores compared to COPD patients who do not have depression disorder. We investigated the difference quality of life scores in COPD patients who have depression disorder and COPD patients who do not have depression disorder.

Methods: The study was cross-sectional descriptive-analytic in 40 COPD patients who have depression disorder and 40 COPD patients who do not have a depression disorder in the Asthma and COPD Clinic RSUP Persahabatan using the Mini-International Neuropsychiatric Interview International Classification Of Diseases (MINI ICD 10) and World Health Organization Quality Of Life (WHOQOL)-BREF.

Results: There is a score difference between COPD patients who have depression disorder and COPD patients who do not have depression disorder based on physical health domain ($p = 0.005$), social relationship domain ($p < 0.001$) and environment domain ($p = 0.005$). There is no score difference between COPD patients who have depression disorder and COPD patients based on psychological domain ($p = 0,421$). COPD patients who have depression disorder have lower mean score compared to COPD patients

who do not have depression based on psychological domain.

Conclusion: COPD patients who have depression disorder tend to score lower quality of life in the domains of physical health, psychological health, social relationships, and environment than COPD patients who do not have depression disorder.</i>