

Hubungan Hipertensi dengan Kejadian Gangguan Fungsi Kognitif pada Lansia di Wilayah Kerja Puskesmas Kecamatan Cipayung Kota Depok Tahun 2017 = Correlation of Hypertension and Mild Cognitive Impairment on Elderly in Cipayung Health Center Depok 2017

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Abstrak

Mild Cognitive Impairment (MCI) adalah masa transisi antara masa menua normal dan masa demensia, namun tidak didapatkan gangguan kemampuan menjalankan aktivitas sehari-hari. MCI dapat diidentifikasi dengan deteksi dini di fasilitas pelayanan kesehatan. Penelitian ini bertujuan untuk mengetahui hubungan Hipertensi dengan kejadian MCI pada lansia di wilayah kerja Puskesmas Kecamatan Cipayung Kota Depok.

Penelitian dilakukan dengan desain Cross Sectional menggunakan Instrumen MoCA-Ina tervalidasi. Responden dalam penelitian ini berusia 60 tahun keatas non-demensia dan non-depresi. Analisis data menggunakan stratifikasi dan analisis multivariat menggunakan cox regression.

Hasil analisis data diperoleh prevalensi MCI sebesar 46,8% dan lansia dengan hipertensi sebesar 68,9%. Selain itu, hasil multivariat menunjukkan bahwa lansia dengan hipertensi kemungkinan berisiko 1,7 kali (PR= 1,70; 95% CI 1,077-2,699) mengalami kejadian MCI dibandingkan lansia normotensi setelah dikontrol variabel lain. Usaha untuk deteksi dini dengan skrining pada orang hipertensi dapat membantu dalam menjaring kasus MCI pada lansia.

.....Mild cognitive impairment (MCI) described as a transition phase between healthy cognitive aging and dementia but that does not interfere with activities of daily life. MCI can be detected early in the health facility. The objective of this study was to identified the association between hypertension in elderly and MCI in Cipayung Health center, Depok City.

This is a cross sectional study, utilized the primary data from the early detection using validated Montreal Cognitive test for Indonesia (MoCA-Ina). Participant of this study was non demented and non-depressed elderly people age more than 60 years old. The data analysis was performed with stratification and cox regression multivariate analysis.

The results of study showed the prevalence of MCI is 46,8% and Elderly with hypertension is 68,9%. The result of multivariable analysis showed that elderly people with hypertension probably had 1,7 risk to get MCI with PR=1,705 (95% CI 1,077 - 2,699) than elderly with normotension after adjusted with other variable. For the purpose of early detection of dementia, screening should be taken seriously as a possible pre-stage of MCI in elderly.