

Hubungan antara gangguan perilaku dan psikologis Demensia dengan kesehatan mental Caregiver = Correlation between behavioral and psychological symptoms of Dementia and Caregivers' mental health

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Abstrak

Demensia merupakan salah satu penyakit degeneratif yang secara progresif menyebabkan turunnya fungsi kognitif otak, hal ini membuat orang dengan demensia ODD akan semakin bergantung pada caregiver-nya. Manifestasi klinis yang diakibatkan dari turunnya fungsi kognitif ini dikenal sebagai Gangguan Perilaku dan Psikologis Demensia GPPD . Ada 12 gejala GPPD yaitu delusi, halusinasi, agitasi, depresi, euforia, ansietas, apatis, iritabilitas, disinhibisi, perilaku motorik abnormal, gangguan tidur, dan gangguan napsu makan. GPPD pada ODD dapat menjadi beban bagi caregiver yang berpotensi mengganggu kesehatan mental caregiver. Tujuan dari penelitian ini adalah untuk mencari hubungan antara GPPD pada ODD dengan kesehatan mental caregiver. Penelitian ini menggunakan desain potong lintang dan dilakukan di Poliklinik Geriatri Terpadu Rumah Sakit Cipto Mangunkusumo serta Caregiver Meeting Yayasan Alzheimer Indonesia dari Maret-September 2017. Penilaian GPPD dan distress yang disebabkan GPPD menggunakan kuesioner Neuropsychiatry Inventory, sementara penilaian kesehatan mental caregiver menggunakan kuesioner kualitas hidup Short-Form 36. Terdapat 42 subjek dalam penelitian ini. Dari hasil penelitian, diperoleh gangguan perilaku dan psikologis demensia paling banyak adalah iritabilitas sebanyak 24 subjek 57,1 , diikuti oleh apatis 22 subjek 52,3 dan agitasi 19 subjek 45,2 . Nilai rerata Mental Component Score dari subjek adalah 46,23 dengan standar deviasi 6,98. GPPD memiliki hubungan bermakna hanya dengan kesehatan mental caregiver utama dengan nilai p 0,044 p.

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Dementia is one of degenerative diseases that causes a cognitive impairment progressively. Therefore, as the disease worsens, the person with dementia PWD will be more dependent to his caregiver. Clinical manifestation that occurs because of the cognitive impairment is known as Behavioral and Psychological Symptoms of Dementia BPSD . There are 12 symptoms of GPPD including delusion, hallucination, agitation, depression, euphoria, anxiety, apathy, irritability, disinhibition, aberrant motoric behavior, sleeping disturbance, and eating problem. BPSD can bring burden to caregivers and eventually affect caregivers rsquo mental health. The purpose of this study is to find the correlation between BPSD and caregivers rsquo mental health. This is a cross sectional study which took place in Poliklinik Geriatri Terpadu Rumah Sakit Cipto Mangunkusumo and Caregiver Meeting Yayasan Alzheimer Indonesia during March September 2017. We used Neuropsychiatry Inventroy to assess BPSD and the distress caused by it, whereas Short Form 36 was used to assess the caregivers rsquo mental health. There were 42 subjects included in this study. The results of the study showed that the three most common BPSD were irritability occurring in 24 subjects 57.1 , apathy occurring in 22 subjects 52.3 , and agitation occurring in 19 subjects 45.2 . The mean value of Mental Component Score in subjects was 46.23 with standard deviation of 6,98. BPSD had statistically significant correlation only with main caregivers rsquo mental health with the value of p 0.044 p.