

# Tingkat kelelahan pada peserta program pendidikan dokter spesialis anesthesiologi dan terapi intensif FKUI pada era pandemi Covid-19: kajian terhadap tilikan diri dan faktor yang memengaruhinya = Fatigue levels of anesthesiology and intensive care resident at Medicine Faculty of Indonesia University in the COVID-19 pandemic era: a study of self-insight and the factors that influencing it

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## Abstrak

Latar belakang. Pandemi COVID-19 telah membawa banyak tantangan baru bagi dunia kesehatan di berbagai negara di dunia, termasuk Indonesia. Tingkat kelelahan kerja yang tinggi ditemukan diantara petugas kesehatan, terutama di lingkungan unit perawatan darurat dan intensif. Penelitian ini dilakukan untuk mengetahui tingkat kelelahan dan faktor yang memengaruhi kelelahan peserta Program pendidikan Dokter Spesialis (PPDS) Anesthesiologi dan Terapi Intensif FKUI yang bekerja di RSCM di era pandemi COVID-19. Penelitian ini merupakan penelitian kualitatif dan kuantitatif pada peserta PPDS Anesthesiologi dan Terapi intensif tahap magang, mandiri, dan paripurna. Kelelahan dinilai dengan menggunakan <i>Fatigue Severity Scale yang sudah divalidasi sebagai data kuantitatif dan 10 subjek dari responden dirandomisasi terstratifikasi untuk mengikuti Focus Group Discussion (FGD) yang isinya membahas mengenai faktor-faktor yang memengaruhi kelelahan peserta PPDS Anesthesiologi dan Terapi Intensif pada masa pandemi sebagai data kualitatif. Sebanyak 61% peserta pendidikan mengalami kelelahan dengan median dari nilai FSS pada seluruh subjek yang diteliti yaitu 43,5 dengan IQR (22). Peningkatan kelelahan ditemukan bermakna pada responden dengan lama jam kerja 60 jam perminggu dan lama jam tidur <6 jam perhari. Berdasarkan FGD faktor yang meningkatkan kelelahan yaitu perubahan metode pembelajaran menjadi dalam bentuk daring, peningkatan rasa cemas akibat kurangnya pencapaian kompetensi, penggunaan alat pelindung diri (APD) dalam jangka waktu yang lama, dan penutupan tempat hiburan terkait aturan pembatasan sosial berskala besar, sedangkan faktor yang menurunkan kelelahan yaitu perubahan jadwal jaga, jaminan ketersediaan APD, perlindungan terhadap kesehatan fisik dan mental PPDS, kompensasi pemerintah terhadap kinerja PPDS. Simpulan. Sebanyak 61% Peserta PPDS Anesthesiologi dan Terapi Intensif di RSCM yang bertugas pada masa COVID-19 mengalami kelelahan, yang disebabkan oleh berbagai faktor eksternal yang terjadi selama pandemi COVID 19.

.....Background. COVID-19 pandemic has brought many new challenges to the world of health in various countries around the world, including Indonesia. High level of fatigue was found among health workers. This study was conducted to determine the level of fatigue and the factors that affect fatigue of Anesthesiology and Intensive Care resident from Universitas Indonesia who worked at RSCM during the COVID-19 pandemic era. Methods. This was a cross-sectional study on 77 subjects who participated in Anesthesiology and Intensive Care resident from Universitas Indonesia in plenary, independent, and internship stages during the research period. Fatigue was assessed using the Fatigue Severity Scale (FSS) which had been validated as quantitative data and 10 subjects from respondents were randomized to participate in a Focus Group Discussion (FGD) which discussed the factors that affect the fatigue of Anesthesiology and Intensive Care resident from Universitas Indonesia during pandemic as qualitative data.

Results. 61% of residents experienced fatigue with the median FSS value was 43.5, with an IQR (27.8 - 49.8). Increased fatigue was found in respondents with long working hours 60 hours per week and sleeping hours <6 hours per day. Based on the FGDs, several factors that increased fatigue are changing learning methods to online form, increasing anxiety due to lack of competence achievement, using personal protective equipment for a long time, and closure of entertainment venues related to large scale social restriction policy. And several factors that decreasing of fatigue are modifying of shift scheduled, guaranteeing the availability of personal protective equipment, protecting the physical and mental health of resident, and government compensation for resident. Conclusion. Anesthesiology and Intensive Care resident from Universitas Indonesia who were on duty during the COVID-19 pandemic experienced fatigue. Based on FGD, various factors that affect fatigue among resident were found COVID-19 pandemic, Fatigue, Residents.