

Prevalensi dan faktor-faktor yang memengaruhi late post-stroke fatigue pada pasien stroke iskemik yang dinilai menggunakan fatigue severity scale versi Indonesia = Prevalence and factors associated with late post-stroke fatigue in stroke ischemic patients using Indonesian version of the fatigue severity scale

Anastasia Melissa Ayu L. Witjaksono, author

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Abstrak

Latar Belakang: Post-stroke fatigue merupakan invisible handicap dengan prevalensi global 23% - 85%. Faktor yang berkaitan multidimensional, dan berdampak negatif terhadap angka rawat, luaran fungsional, kualitas hidup, dan kesintasan. Prevalensi dan faktor-faktor yang berkaitan dengan late PSF pada populasi stroke iskemik di Indonesia belum ada.

Metode: Penelitian potong-lintang ini menggunakan teknik pengambilan sampel berurutan pada seluruh pasien stroke iskemik yang kontrol ke Poli Saraf RSUPN Dr. Cipto Mangunkusumo. Data primer didapatkan menggunakan kuisisioner Fatigue Severity Scale, Skala Kecemasan dan Depresi Rumah Sakit, Montreal Cognitive Assessment, dan Pittsburgh Sleep Quality Index versi Indonesia. Data sekunder didapatkan dari rekam medis. Analisis dilakukan untuk menilai prevalensi, hubungan PSF dengan faktor-faktor yang memengaruhi, dan korelasi item FSS dengan PSF.

Hasil: Dari 248 pasien, 100 pasien pertama yang memenuhi kriteria penelitian diambil sebagai subjek penelitian. Prevalensi PSF didapatkan sebanyak 49%. Pada analisis multivariate, pekerjaan sebelum stroke (aOR 0,34; IK95% (0,11-0,99); p=0,047), jumlah komorbid (aOR 3,07; IK95% (1,17-8,10); p=0,023), dan talamus (aOR 0,17; IK95% (0,03-0,89); p=0,036) menentukan kejadian PSF. Pada uji korelasi, item FSS yang berkorelasi tertinggi adalah item 8 dan 5.

Simpulan: Pada penelitian ini, hampir setengah pasien stroke iskemik mengalami late PSF. Faktor-faktor yang berkaitan perlu diinterpretasi secara hati-hati. Fatigue bersifat subjektif sehingga faktor psikososial dan budaya perlu dipertimbangkan.

.....Background: Post-stroke fatigue is an invisible handicap with a global prevalence of 23%-85%. The factors associated is multidimensional, and has negatif impact on hospitalization, functional outcome, quality of life, and survival. The prevalence and factors associated with late PSF among the Indonesian population with ischemic stroke has not been published.

Methods: This is a cross-sectional study using consecutive sampling techniques on stroke ischemic patients who visits the Neurology clinic at Dr. Cipto Mangunkusumo Hospital. Primary data is obtained by questionnaires consisting of the Indonesian version of the Fatigue Severity Scale, Hospital Anxiety and Depression Scale, Montreal Cognitive Assessment, dan Pittsburgh Sleep Quality Index. Secondary data is obtained through medical records. Analysis are performed to obtain the prevalence, relationship between PSF and associated factors, and correlation between FSS items with PSF.

Results: From 248 patients, the first 100 patients meeting the study criteria were taken as study subjects. The prevalence of PSF is 49%. In multivariate analysis, employment before stroke (aOR 0.34; 95% CI (0.11-0.99); p=0.047), number of comorbid (aOR 3.07; 95% CI (1.17-8.10); p=0.023), and thalamus (aOR 0.17; 95% CI (0.03-0.89); p=0.036) are associated with PSF. In the correlation test, the items from FSS that have

the highest correlation to PSF are items 8 and 5.

Conclusion: In this study, nearly half of ischemic stroke patients experienced late PSF. Related factors need to be interpreted carefully. Fatigue is a subjective symptom so cultural and psychosocial factors needs to be considered.