

# Kualitas hidup pasien pascaesofagektomi dan faktor-faktor yang berhubungan di RSUPN Dr. Cipto Mangunkusumo = Quality of life and its associated factors in patients after esophagectomy at a single national referral center

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## Abstrak

**Pendahuluan.** Esofagektomi merupakan tata laksana pembedahan standar bagi pasien kanker esofagus resektabel. Namun, angka kesembuhan tindakan ini hanya berkisar antara 25 - 35% dan dihubungkan dengan seriusnya risiko komplikasi pascabedah. Pasien pascaesofagektomi diketahui mengalami penurunan kualitas hidup, tetapi belum ada penelitiannya di Indonesia. Penelitian ini dilakukan untuk mengetahui kualitas hidup pasien pascaesofagektomi pada populasi pasien di RSUPN Dr. Cipto Mangunkusumo (RSCM).

**Metode.** Penelitian ini merupakan kohort retrospektif dengan menggunakan instrumen yang dikeluarkan oleh European Organization for Research and Treatment of Cancer (EORTC), yaitu modul khusus kanker esofagus EORTC-QLQ-OES18 dan core questionnaire C30. Populasinya adalah pasien pascaesofagektomi periode 2015—2021 di RSCM.

**Hasil.** Sebanyak 35 subjek dilakukan esofagektomi dan rekonstruksi pascaesofagektomi. Terdiri dari laki-laki 62,9% dan perempuan 37,1%. Rerata usia adalah 43,8 tahun (SB: 13,1). Median kualitas hidup (global health) dari semua subjek adalah 83,3 (IQR: 25,0). Item pertanyaan skala fungsional terhadap keseluruhan subjek yang memiliki skor paling rendah adalah cognitive functioning (CF). Sedangkan berdasarkan item pertanyaan skala gejala terhadap keseluruhan subjek yang memiliki skor paling tinggi, yaitu nausea and vomiting (NV), pain (PA), dysphagia (OESDYS), eating (OESEAT), choking (OESCH), dan coughing (OESCO).

**Kesimpulan.** Kualitas hidup pasien pascaesofagektomi di RSCM berdasarkan kuesioner EORTC-QLQ-C30 dan OES18 secara keseluruhan tergolong baik. Faktor prognostik yang berhubungan dengan penurunan kualitas hidup sebaiknya lebih di edukasi ke pasien dan dilakukan upaya persiapan sejak sebelum tindakan esofagektomi dikerjakan sehingga dapat memaksimalkan kualitas hidup pascaoperasi.

.....**Introduction.** Esophagectomy is the standard surgical treatment for resectable esophageal cancer patients. However, the success rate for this procedure was about 25—35% and was associated with a severe risk of postoperative complications. Patients after esophagectomy have decreased their quality of life (QOL), but no research has been done in Indonesia. This study was conducted to determine the quality of life after esophagectomy in Indonesia based on the patient population at Dr. Cipto Mangunkusumo General Hospital (CMGH).

**Method.** A retrospective study was conducted using quality of life instruments issued by the European Organization for Research and Treatment of Cancer (EORTC). It consists of the module for esophageal cancer EORTC-QLQ-OES18 and the core questionnaire C30. Subjects were patients after esophagectomy in 2015—2021 at CMGH.

**Results.** About 35 subjects underwent esophagectomy and followed by reconstruction, which comprised 62.9% male and 37.1% female. The mean age was 43.8 years (SD: 13.1 years). All subjects' median global

health was 83.3 (IQR: 25.0). The overall functional scale question item with the lowest score was cognitive functioning (CF) 66.7 (IQR: 50.0). Meanwhile, based on the question items on the overall symptom scale, the worst scores were nausea and vomiting (NV) 16.7 (IQR: 50.0), pain (PA) 16.7 (IQR: 33.3), dysphagia (OESDYS) 33.3 (IQR: 33.3), eating (OESEAT) 34.5 (IQR: 23.9), choking (OESCH) 33.3 (IQR: 33.3), and coughing (OESCO) 33.3 (IQR: 33.3).

Conclusion. The overall QOL after esophagectomy at CMGH based on the EORTC-QLQ-C30 and OES18 questionnaires was good. Prognostic factors associated with decreased quality of life should be better educated to patients and prepared well before the esophagectomy procedure, thus maximizing quality of life after esophagectomy.