

# Proporsi dan faktor risiko sarkopenia pada pasien usia lanjut di RSUPN Dr. Cipto Mangunkusumo pada masa pandemi COVID-19 = Proportion and risk factors sarcopenia in elderly patients in RSUPN dr. Cipto Mangunkusumo during pandemic COVID-19

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## Abstrak

Latar belakang: Sarkopenia menjadi masalah kesehatan yang penting dan banyak di jumpai di negara maju dan berkembang. Faktor risiko sarkopenia bersifat multifaktor. Data prevalensi dan faktor risiko sarkopenia di Indonesia masih terbatas, khususnya dimasa pandemi COVID-19 yang sudah dihadapi Indonesia selama dua tahun.

Tujuan: Mengetahui proporsi dan faktor risiko sarkopenia pada populasi usia lanjut di RSUPN Dr. Cipto Mangunkusumopada masa pandemi COVID-19.

Metode: Penelitian ini menggunakan data primer dengan desain uji potong lintang di poliklinik geriatri dan penyakit dalam RSUPN Dr. Cipto Mangunkusumo mulai dari bulan November hingga Desember 2021.

Subjek dengan kriteria usia >60 tahun, tidak terdapat gangguan penyakit akut saat pemeriksaan, serta tidak mengalami depresi atau gangguan kognitif berat yang tidak didampingi caregiver/keluarga diambil sebagai subjek penelitian. Pemeriksaan menggunakan kuesioner SARC-F, dan pasien dengan nilai 4 dianggap sarkopenia. Karakteristik pasien dengan sarkopenia dibandingkan untuk menilai faktor risiko sarkopenia.

Hasil: Terdapat 253 subjek penelitian dengan proporsi sarkopenia 41,5% (IK 95% 35,45-47,55%). Faktor risiko yang berhubungan dengan sarkopenia pada penelitian ini adalah jenis kelamin perempuan, aktivitas menurun (sedentary-aktifitas kurang), status fungsional ketergantungan, penyakit hipertensi, dan penyakit jantung ( $p < 0.05$ )

Kesimpulan: Proporsi sarkopenia pada penelitian adalah 41,5% dengan faktor risiko yang berhubungan adalah jenis kelamin, hipertensi, penyakit jantung, status fungsional ketergantungan dan aktivitas yang menurun (sedentary-aktifitas kurang). Oleh sebab itu perlu menjadi perhatian dan pencegahan pada subjek dengan karakteristik tersebut.

.....Introduction: Sarcopenia is a prevalent and increasing problem in elderly worldwide. It is also related to various debilitating conditions and poor prognosis. Etiology of sarcopenia is multifactorial. However, the data in Indonesia is still limited. Moreover, not much has been discussed about the prevalence and risk factors for sarcopenia, especially during the COVID-19 pandemic.

Aim: To determine the prevalence and risk factors of sarcopenia in elderly patients in Indonesia during the COVID-19 pandemic.

Methods: An observational study with cross-sectional design was performed in Geriatric and internal medicine Clinic, Cipto Mangunkusumo Hospital, Jakarta, Indonesia, on November 2021 to December 2021. Patients 60 years old and suspected to have sarcopenia were included in the study, while patients with conditions making them unable to undergo examination or in acute conditions were excluded. Patients were defined as having sarcopenia if SARC-F showed a total value of 4. Clinical characteristics of patients were compared to predict sarcopenia.

Results: There were 253 subjects included in this study. A total of 105 (41.5%) subjects were diagnosed to

suffer from sarcopenia. Predicting factors of sarcopenia in subjects were woman gender, sedentary physical activity, dependent on activities of daily living, hypertension, and heart disease ( $p < 0.05$ ).

Conclusion: The prevalence of sarcopenia in elderly at Cipto Mangunkusumo was 41.5%. Indonesian elderly with female gender, sedentary-low physical activity, dependent on activities of daily living, hypertension, and heart disease are more prone to suffer from sarcopenia. Therefore, extra attention and prevention are needed for individuals with the characteristics.