

## The benefit of pulmonary rehabilitation against quality of life alteration and functional capacity of chronic obstructive pulmonary disease (COPD) patient assessed using St George's respiratory questionnaire (SGRQ) and 6 minutes walking distance test (6MWD)

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### Abstrak

Pasien penderita penyakit paru obstruktif kronik ( PPOK ) tampaknya mendapatkan manfaat dari program rehabilitasi paru. Penelitian ini mengkaji manfaat program rehabilitasi paru pada pasien rawat jalan yang menderita PPOK, dengan menggunakan St George Respiratory Questionnaire (SGRQ) dan six min walking distance test (6MWD), yang mengukur kualitas hidup kesehatan dan toleransi latihan fungsional sebagai hasil pengukuran utama. Penelitian ini merupakan penelitian prospektif, terbuka, acak dengan kelompok kontrol paralel yang diberikan program rehabilitasi pasien rawat jalan pada 56 pasien penderita PPOK (52 orang laki-laki dan 4 orang perempuan). Kelompok aktif(n= 27) diberikan program edukasi dan latihan selama 6 minggu. Kelompok kontrol (n= 29) diperiksa secara rutin sebagai pasien medis rawat jalan. SGRQ dan 6MWD ditakukan pada saat awal penelitian dan setelah 6 minggu. Didapatkan hasil SGRQ dan 6MWD sebelum dan sesudah terapi. Berdasarkan statistik, SGRQ menurun dan skor 6MWD meningkat secara signifikan pada kelompok aktif dibandingkan kelompok kontrol. Disimpulkan bahwa program selama 6 minggu pada pasien rawat jalan ini secara signifikan telah meningkatkan kualitas hidup dan kapasitas fungsional pasien PPOK derajat ringan hingga sedang. (MedJ Indones 2006; 15:165-72)

*Patients with chronic obstructive pulmonary disease (COPD) have been shown to benefit from pulmonary rehabilitation programs. We assessed an entirely outpatient-based program of pulmonary rehabilitation in patients with COPD, using the St George's Respiratory Questionnaire (SGRQ) and six minutes walking distance test (6MWD) (which measures health-related quality of life and functional exercise tolerance) as the primary outcome measure. We undertook a randomized, opened, prospective, parallel-group controlled study of outpatient rehabilitation program in 56 patients with COPD (52 men and 4 women). The active group (n=27) took part in a 6-weeks program of education and exercise. The control group (n=29) were reviewed routinely as medical outpatients. The SGRQ and 6MWD were administered at study entry and after 6 weeks. Outcome with SGRQ and 6MWD before and after therapy was performed. Decrease score SGRQ and increase 6MWD in both groups of study, it was analyzed by statistic study and in active group the decrease of SGRQ and the increase of 6MWD was statistically significant. In conclusion 6-weeks outpatient-based program significantly improved quality of life and functional capacity in mild-to-moderate COPD patient. (Med J Indones 2006; 15:165-72)*