

## Penilaian kualitas hidup pasien pasca bedah pintas koroner yang menjalani rehabilitasi fase III dengan menggunakan sf-36

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### Abstrak

**Latar Belakang.** Bedah pintas koroner merupakan salah satu pengobatan dari PJK Rehabilitasi Kardiovaskular selalu dilakukan pada pasien pasca bedah pintas koroner untuk memulihkan penderita pada kesehatan yang optimal dan meningkatkan kualitas hidup. Mengukur kualitas hidup dengan menggunakan kuesioner. Salah satu kuesioner yang banyak dipakai adalah SF-36. Di Indonesia belum ada penelitian kualitas hidup pasien pasca bedah koroner yang melakukan rehabilitasi fase III.

**Metodologi.** Penelitian dilakukan dengan disain potong lintang di divisi rehabilitasi PJN HK terhadap pasien pasca bedah pintas koroner yang melakukan rehabilitasi fase III tahun 2004 -2005 diambil secara consecutive sampling. Kuesioner SF-36 diberikan secara langsung atau melalui pos surat. Sebelumnya dilakukan uji kesahihan dan keandalan dari kuesioner SF-36 bahasa Indonesia.

**Hasil.** Didapatkan 112 pasien, 34 rehabilitasi di rumah sakit dan 78 pasien rehabilitasi di rumah. Karakteristik kedua kelompok sama. Uji kesahihan memakai r product moment dari Pearson setiap butir pertanyaan kuesioner SF-36 bahasa Indonesia  $r = 0,53-0,83 > 0,51$  (r tabel) dan Cronbach  $\alpha = 0,855$ . Skor SF-36 tidak berbeda bermakna baik antara kedua kelompok (rehabilitasi di rumah sakit vs di rumah) maupun dengan kelompok kontrol (sehat).

**Kesimpulan.** Kualitas hidup pasien yang melakukan rehabilitasi fase III baik di rumah sakit maupun di rumah sama baiknya dan kuesioner SF-36 terjemahan bahasa Indonesia sah dan andal untuk menilai kualitas hidup di Indonesia.

**Background.** Coronary artery bypass graft surgery (CABG) is one of the management for coronary artery disease. Cardiovascular rehabilitation usually conducted for recovery and improved quality of life. Questionnaire was used to evaluate quality of life. One of the quality of life instrument most commonly used is Questionnaire SF-36. So far there isn't any study to evaluate quality of life in patients post CABG who wishes to follow rehab program phase III in Indonesia.

**Methodology.** This is a cross sectional study conducted in Cardiovascular Rehabilitation Division in NCCHK to patients post CABG in phase III rehab program during 2004-2005. Subject was taken in consecutive sampling manner. Questionnaire SF-36 was handed directly or via mail. Validity and reliability test was done for the questionnaire form in Indonesia language.

**Result.** There were 112 patients, 34 patients did rehab program in hospital and 78 were home-based. The characteristics between two groups were similar. Validity test using r product moment from Pearson to every questions in SF-36 showed  $r = 0,53-0,83 > 0,51$  (r table) and Cronbach  $\alpha = 0,855$ . SF-36 scoring was

not significantly different among two group (in hospital rehab vs home-based rehab) and also control group (healthy).

Conclusion. There were no difference of quality of life in patients who had done rehabilitation program phase III in hospital and home-based and questionnaire SF-36 form in Indonesia language valid and reliable.</i>