

Hubungan Status Vaksinasi COVID-19 dengan Kualitas Hidup Tenaga Kesehatan Pasca Infeksi Akut COVID-19 (Long Covid) = Association of COVID-19 Vaccination and Quality of Life (QoL) of Healthcare Workers Post-Acute COVID-19 Infection (Long Covid)

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Abstrak

Latar belakang: Post-acute sequelae COVID-19 atau long covid terjadi ketika ditemukannya gejala fase-akut 12 minggu setelah onset. Bermanifestasi secara multi-sistem, long covid berpotensi mempengaruhi kualitas hidup. Vaksinasi COVID-19 telah dilaporkan memberikan resolusi klinis lebih baik. Hal ini cukup penting, terutama untuk tenaga kesehatan yang memiliki risiko COVID-19 tinggi. Maka, studi ini bertujuan untuk mengetahui hubungan status vaksinasi dengan kualitas hidup tenaga kesehatan dengan long covid.

Metode: Penelitian ini dilakukan secara potong-lintang dengan mengolah data sekunder. Rekrutmen subjek dilakukan dalam jangka waktu Juni 2021 – Maret 2022 untuk tenaga kesehatan teridentifikasi dengan gejala long covid. Analisis data dilakukan secara deskriptif dan analitik dengan menggunakan uji chi-square dan regresi logistik

Hasil: 70 subjek diikutsertakan dengan mean usia 35.56 ± 8.85 . Gejala long covid yang paling umum dilaporkan berupa: kelelahan (63.3%), kebingungan (41.8%), dan nyeri otot (40.5%). Subjek penelitian memiliki mean skor total SGRQ 12.33 ± 11.9 . Ditemukannya hubungan signifikan antara status vaksinasi dengan skor SGRQ [PR 0.489 (0.312, 0.768), $p=0.007$]. Uji regresi logistik menghasilkan tidak adanya pengaruh signifikan antara usia, jenis kelamin, IMT, komorbid, riwayat merokok, riwayat alkohol, frekuensi terinfeksi COVID-19, dan jumlah gejala fase akut dengan skor SGRQ.

Kesimpulan: Terdapatnya hubungan signifikan antara status vaksinasi dengan kualitas hidup tenaga kesehatan dengan long covid.

.....Introduction: Post-acute sequelae COVID-19 or long covid occur when acute-phase symptoms persist 12 weeks after onset. Due to its multi-system nature, long covid is highly regarded to impact quality of life. COVID-19 vaccination is reported with better clinical resolution. This is detrimental, especially for healthcare workers with heightened risk of COVID-19 infection. Hence, this study aims to understand the association between vaccination status and quality of life among healthcare workers.

Method: This study implemented a cross-sectional design using secondary data. Recruitment of subjects were done within June 2021 – March 2022 for healthcare workers identified with long covid symptoms. Analyses were done descriptively and analytically using chi-square and logistic regression.

Results: 70 subjects were included with a mean age of 35.56 ± 8.85 . Lethargy (63.3%), confusion (41.8%) and muscle ache (40.5%) were among the most reported long covid symptoms. Significant association was found between vaccination status and SGRQ score [PR 0.489 (0.312, 0.768), $p=0.007$]. Logistic regression yielded no significant association between age, gender, BMI, comorbidities, smoking, alcohol. frequency of getting COVID-19, and number of acute-phase symptoms with SGRQ score.

Conclusion: Significant association between vaccination and quality of life of healthcare workers diagnosed with long covid was shown.