

Analisis Perubahan Prevalensi dan Kualitas Hidup Pasien GERD Dimasa Pandemi Covid-19 Di Indonesia Menggunakan GERD Questionnaire (GERD-Q) = Prevalence and quality of life analysis of GERD patients during Covid-19 pandemic in Indonesia using GERD Questionnaire (GERD-Q)

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Abstrak

Latar belakang: Perubahan pola hidup dan kondisi mental selama pandemi Covid-19 menyebabkan perubahan faktor risiko penyakit Gastrointestinal Tract (GIT) termasuk GERD. GERD-Q merupakan alat skrining yang umum digunakan di Indonesia dan dapat menilai pengaruh GERD dalam kehidupan sehari-hari. Penelitian ini bertujuan menilai perubahan proporsi GERD dan kualitas hidup akibat GERD selama pandemi Covid-19 di Indonesia. Metode: Penelitian ini berdesain potong lintang menggunakan data sekunder yang diambil menggunakan kuesioner daring. Sebanyak 9.843 responden dikelompokkan berdasarkan hasil GERD-Q, waktu pengisian data, gejala yang muncul, dan pengaruh GERD dalam kualitas hidup. Hasil: Terdapat peningkatan frekuensi dan intensitas heartburn ($p < 0,001$), regurgitasi ($p = 0,005$), gangguan tidur akibat gejala GERD ($p < 0,001$), konsumsi obat OTC ($p < 0,001$), prevalensi heartburn ($p = 0,015$), prevalensi GERD ($p < 0,001$), dan penurunan kualitas hidup ($p = 0,003$) antar sebelum dan saat pandemi. Penurunan kualitas hidup juga terlihat pada Gelombang 2 dibandingkan Gelombang 1 Covid-19 di Indonesia ($p = 0,019$). Kesimpulan: Terdapat peningkatan prevalensi GERD selama pandemi Covid-19 di Indonesia dengan heartburn menjadi gejala tersering. Tidak ditemukan perbedaan signifikan antar gelombang Covid-19 dengan prevalensi GERD. Penurunan kualitas hidup diamati pada pandemi Covid-19 dan gelombang 2 Covid-19 di Indonesia.

.....Introduction: Lifestyle and mental health shifting during the Covid-19 pandemic caused alteration of Gastrointestinal Tract (GIT) disease risk factors, including GERD. GERD-Q is a common screening tool in Indonesia and can assess GERD impact on daily life. This research aims to evaluate the difference of GERD proportion and GERD-related quality of life during the Covid-19 pandemic in Indonesia. Methods: This research was a cross-sectional study using secondary data collected online. About 9,843 respondents were grouped based on GERD-Q score, submission date, symptoms, and GERD impact on daily life. Results: We observed significance increase in frequency and intensity of heartburn ($p < 0.001$), regurgitation ($p = 0.005$), GERD-related sleep disturbance ($p < 0.001$), OTC drug consumption ($p < 0.001$), heartburn prevalence ($p = 0.015$), GERD prevalence ($p < 0.001$), and decrease of QoL ($p = 0.003$) in before and during pandemic. A QoL decrease was also observed in the second wave compared to the first wave Covid-19 ($p = 0.019$). Conclusions: We found an increased GERD prevalence during the Covid-19 pandemic in Indonesia, with heartburn being the common symptom. There was no significant difference between Covid-19 waves compared to GERD prevalence. A decrease of QoL was also observed during the Covid-19 pandemic and the second wave of Covid-19 in Indonesia.