

Pengaruh Pemberian Biofeedback Otot Dasar Panggul Terhadap Perbaikan Fungsi Ereksi Pada Pasien Dengan Lower Urinary Tract Symptoms : Studi Pendahuluan = Effect of Pelvic Floor Muscle Biofeedback on Improved Erectile Function in Patients with Lower Urinary Tract Symptoms: Preliminary Study

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Abstrak

Disfungsi ereksi (DE) merupakan disfungsi seksual pada laki-laki yang paling sering ditemukan dan prevalensinya mencapai 76% pada pasien LUTS. Penyebab DE dihubungkan dengan kelemahan otot dasar panggul. Salah satu terapi yang dapat diberikan adalah latihan otot dasar panggul, yang bertujuan untuk meningkatkan aktivitas otot ischiocavernosus dan bulbocavernosus. Biofeedback otot dasar panggul dapat memberikan informasi visual dan auditorik sehingga otot dapat melakukan kontraksi dengan tepat. Penelitian bertujuan untuk mengetahui pengaruh pemberian biofeedback otot dasar panggul terhadap perbaikan fungsi ereksi pada pasien dengan lower urinary tract symptoms (LUTS). Perbaikan fungsi ereksi dinilai dengan skor IIEF (International Index of Erectile Function), EHS (Erectile Hardness Score), dan kekuatan otot dasar panggul. Perbaikan gejala LUTS juga dinilai dengan skor IPSS (International Index of Prostate Symptoms). Penelitian ini merupakan studi randomized controlled trial pada pasien rawat jalan di RSUPN Cipto Mangunkusumo. Subjek pada penelitian ini dibagi menjadi 2 kelompok, pada kelompok perlakuan mendapatkan biofeedback otot dasar panggul sebanyak 10 sesi, 2 kali seminggu dan latihan otot dasar panggul di rumah. Kelompok kontrol hanya mendapatkan latihan otot dasar panggul di rumah. Terdapat 21 pasien LUTS yang mengalami disfungsi ereksi (DE). Sebanyak 10 subjek (50%) termasuk dalam kategori DE ringan, 4 subjek (20%) termasuk dalam kategori DE sedang, dan 6 subjek (30%) termasuk dalam kategori DE berat. Dari hasil penelitian didapatkan perbaikan skor IIEF, IPSS, EHS, slow twitch dan fast twitch pada kelompok perlakuan (p -value $<0,05$), sedangkan pada kelompok kontrol hanya didapatkan perbaikan pada skor IIEF dan IPSS (p -value $<0,05$). Kesimpulan penelitian ini adalah terdapat perbaikan fungsi ereksi (peningkatan skor IIEF, skor EHS, penurunan skor IPSS dan peningkatan kekuatan otot dasar panggul) setelah pemberian biofeedback otot dasar panggul pada pasien DE dengan LUTS selama 10 sesi.

.....Erectile dysfunction (ED) is the most common male sexual dysfunction, and its prevalence reaches 76% in LUTS patients. The cause of ED is associated with weakness of the pelvic floor muscles. One of the therapies that can be given is pelvic floor muscle exercises, which aim to increase the activity of the ischiocavernosus and bulbocavernosus muscles. Pelvic floor muscle biofeedback can provide visual and auditory information so that the muscles can contract properly. This research aims to determine the effect of pelvic floor muscle biofeedback on improving erectile function in patients with lower urinary tract symptoms (LUTS). Improvement in erectile function was assessed by scores of IIEF (International Index of Erectile Function), EHS (Erectile Hardness Score), and pelvic floor muscle strength. Improvement in LUTS symptoms was also assessed by an IPSS (International Index of Prostate Symptoms) score. This research was a randomized controlled trial study on outpatients at Cipto Mangunkusumo General Hospital. Subjects in this study were divided into 2 groups, the treatment group received 10 sessions of pelvic floor muscle biofeedback, 2 times a week and pelvic floor muscle exercises at home. The control group only got pelvic

floor muscle exercises at home. There were 21 LUTS patients who experienced erectile dysfunction (ED). A total of 10 subjects (50%) were included in the mild ED category, 4 subjects (20%) were included in the moderate ED category, and 6 subjects (30%) were included in the severe ED category. From the results of the study, it was found that the scores for IIEF, IPSS, EHS, slow twitch and fast twitch were improved in the treatment group (p-value <0.05), whereas in the control group there were only improved in IIEF and IPSS scores (p-value <0.05). The conclusion of this study was that there was an improvement in erectile function (increased IIEF score, EHS score, decreased IPSS score and increased pelvic floor muscle strength) after administering pelvic floor muscle biofeedback to patients ED with LUTS for 10 sessions.