

# Hubungan Symptom Burden dan Distres Psikologis Pasien Gagal Jantung Terhadap Kebutuhan Perawatan Paliatif Di Ruang Rawat Inap = Correlation Symptom Burden And Psychological distress In Heart Failure Patient To The Need Of Palliative Care Inpatient Setting

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## Abstrak

Gagal jantung merupakan penyakit kronis dengan angka re-hospitalisasi dan angka mortalitas yang tinggi. Pasien gagal jantung masih mengalami berbagai masalah terkait symptom burden dan distress psikologis yang mempengaruhi kualitas hidup. Tujuan dari penelitian ini adalah untuk mengidentifikasi hubungan symptom burden dan distress psikologis pasien gagal jantung dengan kebutuhan perawatan paliatif di ruang rawat inap. Metode penelitian ini menggunakan metode studi deskriptif analitik korelasional dengan pendekatan cross sectional. Ukuran sampel sebanyak 120 pasien ditetapkan dengan purposive sampling. Responden diberikan tiga kuesioner yaitu Edmonton Symptom Assessment Scale (ESAS), Hospital Anxiety and Depression Scale (HADS), Problems and Needs in Palliative Care (PNPC). Hasil riset menunjukkan symptom burden (70%) dan distress psikologis (82,5%) pasien gagal jantung tahap lanjut berada pada tingkat ringan. Dan seluruh responden (100%) menyatakan memiliki masalah perawatan paliatif dan sebanyak (92,5 %) yang membutuhkan perawatan paliatif. Hubungan yang signifikan antara symptom burden dengan masalah dan kebutuhan perawatan paliatif dengan dengan p value <0,0001. Terdapat hubungan antara distress psikologis dengan masalah perawatan paliatif dengan p value <0,0001, namun tidak ada hubungan antara distress psikologis dengan kebutuhan perawatan paliatif dengan p value 0,211. Rekomendasi dari hasil penelitian ini adalah perlunya pendekatan paliatif dalam melakukan intervensi psikologis dan pentingnya edukasi terhadap pasien dan keluarga terkait dengan efek samping dari pengobatan dan progresivitas penyakit.

.....Heart failure is a chronic disease with a high rehospitalization rate and mortality rate. Heart failure patients still experience various problems related to symptom burden and psychological distress that affect their quality of life. The purpose of this study was to identify the relationship between symptom burden and psychological distress in heart failure patients with a need for palliative care in the inpatient unit. This research method uses a correlational analytic descriptive study method with a cross-sectional approach. The sample size of 120 patients was determined by purposive sampling. Respondents were given three questionnaires, namely the Edmonton Symptom Assessment Scale (ESAS), the Hospital Anxiety and Depression Scale (HADS), and Problems and Needs in Palliative Care (PNPC). The results of the research showed that the symptom burden (70%) and psychological distress (82.5%) of advanced heart failure patients were at a mild level. And all respondents (100%) said they had palliative care problems, and as many (92.5%) needed palliative care. There is a significant relationship between symptom burden with problems and the need for palliative care, with a p value of 0.0001. There is a relationship between psychological distress and palliative care problems with a p value of 0.0001, but there is no relationship between psychological distress and the need for palliative care with a p value of 0.211. Recommendations from the results of this study include the need for a palliative approach to conduct psychological intervention and the importance of educating patients and their families regarding the side effects of

treatment and disease progression.