

# Hubungan Antara Fungsi Kognitif Dengan Ketepatan Penggunaan Inhaler Pada Lansia Ppok (Penyakit Paru Obstruktif Kronik) = Relation Cognitive Function with Techniques Using Inhalers in Older Adults COPD (Chronic Obstructive Pulmonary Disease)

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## Abstrak

Penurunan fungsi paru berperan pada peningkatan insiden PPOK pada lansia. Penurunan fungsi kognitif dapat mempengaruhi ketepatan penggunaan inhaler dapat berdampak negatif terhadap prognosis. Tujuan Penelitian mengetahui hubungan fungsi kognitif dengan ketepatan penggunaan inhaler pada lansia PPOK. Metode penelitian menggunakan *cross sectional* dengan lokasi penelitian di poliklinik Paru Asma-PPOK. Sampel pada penelitian dipilih melalui *teknik consecutive sampling* berjumlah 96 responden lansia PPOK. Analisis data terdiri dari analisis univariat, analisis bivariat menggunakan uji *Chi-square* dan analisis multivariat menggunakan uji *Regresi Logistik*. Hasilnya responden mengalami gangguan fungsi kognitif dengan kategori tidak tepat dalam penggunaan inhaler sebanyak 46 responden (55.2%). Uji statistik regresi logistik didapatkan variabel fungsi kognitif berhubungan dengan ketepatan penggunaan inhaler ( $p=0,001$ ;  $OR=40,524$ ;  $CI\ 95\% 12,537- 130,984$ ). Kesimpulan ada hubungan antara fungsi kognitif dengan ketepatan penggunaan inhaler pada lansia PPOK setelah dilakukan uji statistik. Lansia mengalami gangguan fungsi kognitif tidak optimal dalam penggunaan inhaler. Pemberian edukasi pada lansia serta keluarga/*caregiver* dengan metode disesuaikan kemampuan kognitif lansia, seperti demonstrasi langsung, video instruksional, dan materi visual.

.....Decreased lung function contributes increased incidence of COPD in older adults. Impairment cognitive function affect accuracy of inhalers could have bad prognosis. Aim of study was to determine relationship between cognitive function with accuracy of inhaler usage in older adults with COPD. The research method used cross sectional location at polyclinic Asma-PPOK. The respondents were selected method through consecutive sampling technique, totalling 96 older adults with COPD. Data analysis consisted of univariate analysis, bivariate analysis using the Chi-square / Pearson Chi-square test, and multivariate analysis using the Logistic Regression test. Result respondents impaired cognitive function with inappropriate use of inhalers as many as 46 respondents (55.2%). Logistic regression statistical obtained cognitive function correlated with accuracy of inhaler use ( $p=0.001$ ;  $OR=40.524$ ;  $CI95\% 12.537- 130.984$ ). Conclusion there correlation between cognitive function with accuracy of inhaler usage in older adults with COPD after statistical analysis. Older adults with impaired cognitive function are not optimal use inhalers. Providing education to older adults and caregivers by methods adjusted cognitive function, such as direct demonstrations, instructional videos, and visual materials.