

Faktor Demografi dan Klinis yang Berpengaruh terhadap Pemulihan pada Orang dengan Skizofrenia (ODS) = The Association between Demographic, Clinical Factors, and Recovery in Individual with Schizophrenia

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Abstrak

Latar Belakang: Tatalaksana di bidang psikiatri khususnya terhadap orang dengan skizofrenia (ODS) saat ini berfokus pada gejala dan fungsi hingga menuju tercapainya pemulihan. Pemulihan dilihat sebagai suatu proses sehingga tidak ada luaran yang sama bagi tiap ODS. Identifikasi faktor yang mendukung pemulihan dapat membantu mengembangkan tatalaksana yang tepat untuk mewujudkan pemulihan bagi ODS.

Metode: Penelitian ini merupakan studi observasional dengan desain potong lintang. Sebanyak 240 subjek berasal dari pasien rawat jalan dengan skizofrenia di poliklinik psikiatri dewasa RS dr. Cipto Mangunkusumo, yang ditentukan dengan konsektif. Pengambilan data terkait persepsi pemulihan dilakukan melalui pengisian Recovery Assessment Scale – Domains and Stages (RAS-DS), data yang diperoleh kemudian dilakukan analisis dengan metode regresi linear.

Hasil: Efek samping ekstrapiramidal, remisi gejala, ketaatan pengobatan, ekspresi emosi keluarga, dan taraf pencapaian fungsional ditemukan memengaruhi skor total pemulihan ODS. Melalui analisis multivariat hanya ekspresi emosi keluarga ($p=0,00$; CI95% -13,74 – -3,74) dan taraf pencapaian fungsional ($p=0,03$; CI95% 0,34 – 12,37) yang menunjukkan pengaruh bermakna terhadap skor total pemulihan pada ODS, dengan R^2 sebesar 0,087.

Simpulan: Diperlukan penilaian terukur secara rutin terkait faktor yang berhubungan terhadap pemulihan ODS dan tatalaksana yang komprehensif terhadap ODS untuk mewujudkan pemulihan.

.....Background: In present time, treatments regarding psychiatric aspects especially towards people with schizophrenia have focus in symptoms and function with the goal for the achievement of recovery. Due to the perception which recovery is seen as a process, there is no common outcome for each person with schizophrenia. The identification of factors which support recovery may be beneficial to develop appropriate treatment for achieving recovery in people with schizophrenia.

Methods: This study is an observational study with cross-sectional design. The 240 subjects for this study were taken from patients with schizophrenia in adult outpatient psychiatric polyclinic Cipto Mangunkusumo Hospital and were selected with non-probability consecutive sampling. Data collection regarding perception of recovery was performed by completing Recovery Assessment Scale – Domains and Stages (RAS-DS), and analysis was performed using linear regression.

Results: Extrapyramidal side effects, symptom remission, drug compliance, family's expressed emotion and degree of functional achievement showed effect toward recovery total score for people with schizophrenia.

Multi-variate analysis showed only family's expressed emotion ($p=0,00$; CI95% -13,74 – -3,74) and degree of functional achievement which had significant effect toward recovery total score for people with schizophrenia ($R^2 = 0.087$).

Conclusion: The routine assessment of factors which correlate towards recovery of people with schizophrenia is needed. Comprehensive treatment for people with schizophrenia is also required to achieve recovery.