

Hubungan kapasitas latihan dan kualitas hidup pasien bekas tuberkulosis resistan obat di RS. Persahabatan Pusat Respirasi Nasional = Correlation between exercise capacity and quality of life of former Drug-Resistant tuberculosis patients at Persahabatan National Respiratory Hospital

Dian Megawati, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920565714&lokasi=lokal>

Abstrak

Latar belakang: Infeksi tuberkulosis resistan obat (TB RO) dapat menyebabkan kerusakan paru yang dapat menetap sehingga berdampak pada fungsi paru dan kualitas hidup. Sebanyak 78% pasien TB RO mengalami penurunan kualitas hidup dan 72% mengalami penurunan kapasitas latihan. Penelitian ini bertujuan untuk mengetahui hubungan kapasitas latihan dan kualitas hidup pasien bekas TB RO di RS. Persahabatan Jakarta.

Metode: Penelitian merupakan penelitian deskriptif observasional dengan metode potong lintang menggunakan total 44 subjek pasien bekas TB RO di RSUP Persahabatan. Penilaian kualitas hidup menggunakan kuesioner WHOQOL-BREF, kapasitas latihan menggunakan uji langkah 6 menit (6MWT) dan uji latih jantung paru (ULJP), fungsi paru menggunakan pemeriksaan spirometri serta luas lesi menggunakan foto toraks.

Hasil: Dari total 44 subjek, 68,1% subjek memiliki kualitas hidup baik, 18,3% subjek memiliki kualitas hidup sangat baik, dan 13,6% subjek memiliki kualitas hidup cukup. Hasil 6MWT menunjukkan adanya korelasi positif yang bermakna dengan kualitas hidup ($r = 0,354$; $p = 0,018$). Hasil pemeriksaan ULJP, spirometri dan luas lesi pada foto toraks tidak menunjukkan korelasi yang signifikan dengan kualitas hidup ($p > 0,05$).

Kesimpulan: Kualitas hidup pasien TB RO memiliki hubungan positif yang bermakna dengan 6MWT, namun tidak memiliki hubungan dengan ULJP, fungsi paru serta luas lesi pada foto toraks.

.....Background: Drug-resistant tuberculosis (DR-TB) infection can cause persistent lung damage that impacts lung function and quality of life. As many as 78% of DR-TB patients experience a decrease in quality of life, and 72% experience a decrease in exercise capacity. This study aims to determine the relationship between exercise capacity and quality of life of former DR-TB patients at Persahabatan Hospital Jakarta.

Methods: The study was a descriptive observational study with a cross-sectional method using 44 subjects of former DR-TB patients at the Persahabatan Hospital. Quality of life was assessed using the WHOQOL-BREF questionnaire, exercise capacity using the 6-minute step test (6MWT) and the cardiopulmonary exercise test (CPET), lung function using spirometry examination, and lesion area using chest xray.

Results: From 44 subjects, 68.1% had good quality of life, 18.3% had excellent quality, and 13.6% had fair quality of life. The 6MWD showed a significant positive correlation with quality of life ($r = 0.354$; $p = 0.018$). The CPET, spirometri, and lesion on chest xray did not significantly correlate with quality of life ($p > 0.05$).

Conclusion: The quality of life of patients with DR-TB has a significant positive association with 6MWT but has no association with CPET, lung function, and lesion area on the chest xray.