

GAMBARAN KARAKTERISTIK PASIEN ASMA EKSPERBASI
PEROKOK DAN NON PEROKOK DI BANGSAL PARU
RSUP DR. M. DJAMIL PADANG



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**CHARACTERISTIC FEATURES OF SMOKER AND NON SMOKER
PATIENTS OF ASTHMA EXACERBATION IN RESPIRATORY
DEPARTEMENT OF RSUP DR. M. DJAMIL PADANG**

**By
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ABSTRACT

Asthma exacerbation is the episode of progressive increase in shortness of breathing, coughing, wheezing, chest tightness and a progressive decline in lung function. One factor that triggers asthma is cigarette smoke. Smoking activities can increase the severity of asthma, aggravate asthma control level, and increase hospitalization rates. This study aimed to describe the characteristic of smoker and non smoker patients with asthma exacerbation in respiratory department of RSUP Dr. M. Djamil Padang.

This observational descriptive study used medical records of patients with asthma who were hospitalized in respiratory department of RSUP Dr. M. Djamil Padang between 1 January 2015 – 30 December 2016, and obtained as many as 63 data that met the criterias. Data were processed using Microsoft Excel and analyzed using univariate analysis.

This study showed that smoker patients with asthma exacerbations were in total of 11 patients, mostly aged 15-24 years and 35-44 years (27.3%), male (90.9%), work as self-employed (36.4%), experienced moderate persistent asthma (81.8%) with moderate and severe acute attacks (45.5%), as well as having a long treatment of <7 days (63.6%). Meanwhile, non-smokers patient with asthma exacerbation were in total of 52 patients, mostly aged 45-54 years (30.8%), female (82.7%), did not work (59.6%), suffered moderate persistent asthma (86.5%) with acute attacks of moderate (73.1%), as well as having a long treatment of <7 days (73.1%).

We conclude that there are differences in the characteristics of patients with asthma exacerbations between smokers and non-smokers patient by age, gender, occupation and degree of asthma attacks, while hospitalization time and severity of asthma based on clinical features of patients with asthma exacerbations between smokers and non-smokers patients are about the same.

Keywords: Asthma exacerbation, Smoker, Characteristics

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ABSTRAK

Eksaserbasi asma adalah episode peningkatan progresif dari gejala sesak napas, batuk, *wheezing*, dada terasa berat dan penurunan progresif dari fungsi paru. Salah satu faktor pemicu timbulnya asma adalah asap rokok. Aktivitas merokok dapat meningkatkan derajat keparahan asma, memperburuk tingkat kontrol asma dan meningkatkan angka rawat inap. Tujuan penelitian ini adalah untuk mengetahui gambaran karakteristik pasien asma eksaserbasi perokok dan non perokok di Bangsal Paru RSUP Dr. M. Djamil Padang.

Jenis penelitian ini adalah deskriptif observasional dengan menggunakan data rekam medis pasien asma yang dirawat di Bangsal Paru RSUP Dr. M. Djamil Padang antara 1 Januari 2015 – 30 Desember 2016 dan didapatkan sebanyak 63 data yang memenuhi kriteria sampel. Data diolah dengan menggunakan *Microsoft Excel* dan dianalisis melalui analisis univariat.

Hasil penelitian menunjukkan bahwa pasien asma eksaserbasi perokok berjumlah 11 orang, sebagian besar berusia 15-24 tahun dan 35-44 tahun (27,3%), berjenis kelamin laki-laki (90,9%), bekerja sebagai wiraswasta (36,4%), mengalami asma persisten sedang (81,8%) dengan serangan akut sedang dan berat (45,5%), serta memiliki lama rawatan < 7 hari (63,6%). Sementara itu, pasien asma eksaserbasi non perokok berjumlah 52 orang, sebagian besar berusia 45-54 tahun (30,8%), berjenis kelamin perempuan (82,7%), tidak bekerja (59,6%), mengalami asma persisten sedang (86,5%) dengan serangan akut sedang (73,1%), serta memiliki lama rawatan < 7 hari (73,1%).

Kesimpulan penelitian ini adalah terdapat perbedaan karakteristik pasien asma eksaserbasi perokok dan non perokok berdasarkan usia, jenis kelamin, pekerjaan dan derajat serangan asma, sedangkan lama rawatan dan derajat berat asma berdasarkan gambaran klinis pasien asma eksaserbasi perokok dan non perokok hampir sama.

Kata kunci: Asma eksaserbasi, Perokok, Karakteristik