

***HEALTH RELATED QUALITY OF LIFE DAN
CLINICAL OUTCOME PASIEN GAGAL JANTUNG
KONGESTIF DENGAN TERAPI DIURETIK DI
RUMAH SAKIT YOS SUDARSO PADANG***



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***Health Related Quality of Life dan Clinical Outcome Pasien Gagal Jantung
Kongestif Dengan Terapi Diuretik di RS Yos Sudarso Padang***

ABSTRAK

Health Related Quality of Life (HRQoL) merupakan persepsi pasien terhadap efek terapi dan keparahan penyakitnya. *Clinical outcome* adalah parameter/ perubahan secara terukur pada kesehatan atau kualitas hidup sebagai hasil dari upaya pengobatan dan pelayanan kesehatan yang telah diberikan pada pasien. Penelitian ini bertujuan untuk melihat pengaruh terapi diuretik terhadap HRQoL dan *clinical outcome* pasien gagal jantung kongestif. Penelitian ini berupa deskriptif-analitik dengan disain penelitian cross sectional dan telah dilakukan pada bulan April 2017 sampai Juni 2017 di RS Yos Sudarso Padang, Sumatera Barat, Indonesia. Sebanyak 178 pasien gagal jantung kongestif berpartisipasi dalam penelitian ini. Data terapi diuretik dan kombinasi terapinya, kualitas hidup, *clinical outcome* serta sosiodemografi pasien gagal jantung kongestif dikumpulkan dengan wawancara terpimpin dan dari rekam medis pasien. Untuk instrumen HRQoL digunakan *Minnesota Living with Heart Failure Questionnaire (MLHFQ)*. Metoda T-Test dan uji Kruskal-Wallis digunakan untuk menganalisis pengaruh terapi diuretik, dan karakteristik sosiodemografi terhadap HRQoL dan *clinical outcome* pasien GJK dengan tingkat kepercayaan 95%. Pendidikan dan pekerjaan berpengaruh secara nyata terhadap nilai HRQoL pasien ($P < 0,05$), sedangkan jenis kelamin tidak berpengaruh secara bermakna terhadap nilai HRQoL-nya ($P > 0,05$), namun usia berpengaruh secara nyata ($P < 0,05$). Faktor terapi diuretik dan berbagai jenis kombinasinya tidak berpengaruh secara nyata terhadap HRQoL ($p > 0,05$). Pada penelitian ini ditemukan pengaruh terapi diuretik dan berbagai jenis kombinasinya yang cenderung berpengaruh baik terhadap terhadap tekanan darah sistol dan diastol ($0,01 > p > 0,05$).

Kata kunci: HRQoL, *clinical outcome*, gagal jantung kongestif, terapi diuretik, tekanan darah sistol, tekanan darah diastol

Health Related Quality of Life and Clinical Outcome of Congestive Heart Failure Patients with Diuretic Therapy at Yos Sudarso Padang Hospital

ABSTRACT

Health Related Quality of Life (HRQoL) is the patient's perception of the therapeutic effect and the severity of their illnesses, viewed from their own perspective without any interventions. Clinical outcomes are broadly agreed, measurable changes in health or quality of life that result from medications and healthcare services given to the patients. The objective of this study was to explore the effects of diuretic therapy on HRQoL and clinical outcome of patients with congestive heart failure. The study was a descriptive-analytic with cross sectional design, using prospective data during April 2017 until June 2017 from Yos Sudarso Hospital, Padang, West Sumatera, Indonesia and 178 patients with congestive heart failure were participated in this study. The data of diuretic therapy and its combination of therapy, quality of life, clinical outcome, and sociodemography of congestive heart failure patients were collected with guided interviews and from patient medical records. Minnesota Living with Heart Failure Questionnaire (MLHFQ) was used for HRQoL instruments. The T-Test method and Kruskal-Wallis test were used to analyze the effect of diuretic therapy, and sociodemographic characteristics on HRQoL and clinical outcome of congestive heart failure patients with 95% confidence level. Education level and occupation type were significantly affected the HRQoL score of patients ($P < 0.05$), while gender did not significantly affected their HRQoL score ($P > 0.05$), but age did ($P < 0.05$). Diuretic therapy factors and various combinations did not significantly affected HRQoL ($p > 0.05$). It is found in this study that the effect of diuretic therapy and various types of combinations tended to affect both of systolic blood pressure and diastolic blood pressure ($0.01 > p > 0.05$).

Keywords: HRQoL, clinical outcome, congestive heart failure, diuretic therapy, systolic blood pressure, diastolic blood pressure