

**HUBUNGAN DERAJAT RADIOLOGIS OSTEOARTRITIS
TERHADAP STATUS FUNGSIONAL PADA PASIEN
OSTEOARTRITIS LUTUT**



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ABSTRACT

Relationship between Radiological Degree of Osteoarthritis and Functional Status in Knee Osteoarthritis Patients

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Osteoarthritis (OA) is a degenerative joint disease characterized by the appearance of several clinical symptoms due to disorders in the joint tissue. The symptoms that arise are mainly caused by damage to the joint cartilage which causes pain, swelling, and stiffness around the joints. This causes a decrease in physical activity in OA patients which causes limitations in the functional status of OA patients. The purpose of this study was to determine the relationship between functional status and radiological images in order to understand more deeply about the onset and progression of the disease.

This study is an observational analytical study with a cross-sectional design approach using primary data in the form of the WOMAC questionnaire (Western Ontario and McMaster University) and secondary data in the form of knee joint X-rays of knee OA patients. In this study, 80 knee OA patients were recorded who met the inclusion and exclusion criteria at RSUP Dr. M. Djamil Padang, Naili DBS Padang Hospital, and Semen Padang Hospital Outpatient Clinic. The data obtained will then be analyzed using the Pearson Chi-square correlation test.

Based on the research that has been conducted, the majority of respondents were aged 60-74 years (51.3%), female (87.5%), housewives (76,3%), overweight BMI according to the Asia Pacific classification (65%), unilateral right OA (53.8%), OA 3rd degree (37,5%), mild physical limitations (58.8%). The results of the study showed that there was an association between OA radiological degree and functional status in patients with knee OA (p -value = 0.007).

Keywords: *knee osteoarthritis, Kellgren Lawrence, functional status, WOMAC*

ABSTRAK
Hubungan Derajat Radiologis Osteoarthritis terhadap Status Fungsional pada Pasien Osteoarthritis Lutut

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Osteoarthritis (OA) adalah penyakit sendi degeneratif yang ditandai dengan munculnya beberapa gejala klinis akibat gangguan pada jaringan sendi. Gejala yang timbul terutama disebabkan oleh kerusakan tulang rawan sendi yang menyebabkan rasa nyeri, bengkak, dan kekakuan di sekitar sendi. Hal tersebut menyebabkan penurunan aktivitas fisik pada penderita OA yang membuat adanya keterbatasan pada status fungsional penderita OA. Tujuan penelitian ini adalah mengetahui hubungan antara status fungsional terhadap gambaran radiologis guna memahami lebih dalam mengenai onset dan progresivitas penyakit.

Penelitian ini merupakan penelitian analitik observasional dengan pendekatan desain *cross-sectional* menggunakan data primer berupa kuesioner WOMAC (*Western Ontario and McMaster University*) dan data sekunder berupa foto rontgen sendi lutut pasien OA lutut. Pada penelitian ini tercatat 80 pasien OA lutut yang memenuhi kriteria inklusi dan eksklusi di Poliklinik RSUP Dr. M. Djamil Padang, RS Naili DBS Padang, dan Semen Padang Hospital. Data yang sudah diperoleh kemudian akan dianalisis menggunakan uji korelasi *Pearson Chi-square*.

Berdasarkan penelitian yang telah dilakukan, mayoritas responden berusia 60-74 tahun (51,3%), berjenis kelamin perempuan (87,5%), ibu rumah tangga (76,3%), IMT *overweight* menurut klasifikasi Asia Pasific (65%), OA unilateral dextra (53,8%), OA derajat 3 (37,5%), dan keterbatasan kemampuan fisik ringan (58,8%). Hasil penelitian menunjukkan bahwa terdapat hubungan antara derajat radiologis OA terhadap status fungsional pada pasien OA sendi lutut (*p-value* = 0,007).

Kata Kunci: osteoarthritis lutut, Kellgren Lawrence, status fungsional, WOMAC