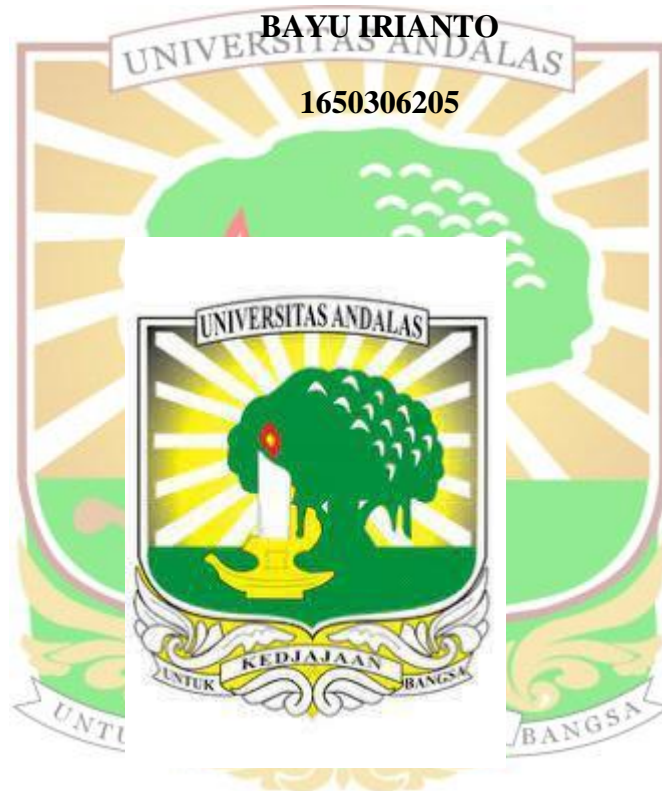


**DENGAN LAMA KONVERSI PASIEN COVID-19
YANG MENJALANI PERAWATAN DI RSUP DR. M. DJAMIL PADANG**

TESIS



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ABSTRAK

Latar belakang: Peningkatan jumlah kasus dan kematian akibat COVID-19 terjadi sangat cepat dan menyebar keseluruh dunia sehingga menimbulkan banyak permasalahan dan ketakutan. Pemutusan mata rantai dengan aturan isolasi mandiri, karantina menjadi solusi terbaik, tetapi dapat menimbulkan masalah baru yaitu kecemasan. Peningkatan kecemasan Pasien COVID-19 terkonfirmasi yang menjalani perawatan di Rumah sakit lebih tinggi bila dibandingkan dengan yang menjalani isolasi mandiri ataupun karantina. Peningkatan kecemasan ini diakibatkan karena perbedaan perlakuan, kurangnya dukungan, faktor ekonomi, ketidakpastian lama perawatan sampai takut akan kematian. Berbagai penelitian sebelumnya menghubungkan kecemasan dengan hasil luaran. Kecemasan dapat menurunkan imunitas yang berpengaruh pada hasil luaran. Tujuan penelitian ini untuk mengetahui apakah ada hubungan tingkat kecemasan dengan lama konversi

Metode: Penelitian kohort prospektif pada pasien COVID-19 terkonfirmasi yang dirawat di RSUP Dr. M.Djamil Padang dari Maret sampai April 2021. Tingkat kecemasan pada pasien COVID-19 dinilai menggunakan Kuesioner Zung self-rating anxiety scale kemudian hasilnya di hubungkan dengan lama konversi RT-PCR. Data dianalisis menggunakan uji *Chi-square* atau *Fisher exact test* dengan nilai $p < 0,05$ dianggap signifikan.

Hasil penelitian: 71 pasien sebagian besar Perempuan dengan rentang usia 18-49 tahun, sebagian besar memiliki komorbid dan dirawat dengan klinis sedang. Lama konversi sebagian besar ≤ 14 hari. Dari hasil penilaian tingkat kecemasan didapatkan tidak ada satupun yang mengalami kecemasan berat dan didominasi dengan tingkat kecemasan ringan. Uji *Pearson Chi square* menunjukkan terdapat hubungan antara tingkat kecemasan dengan lama konversi (nilai $p = 0,021$).

Simpulan: Tingkat kecemasan mempengaruhi lama konversi RT-PCR pasien COVID-19.

Kata kunci: COVID-19, tingkat kecemasan, lama konversi

ABSTRACT

Background: The increase cases of COVID-19 has spread globally with high number of deaths which caused many problems and fears. Confirmed COVID-19 patients who undergo hospitalization have a greater risk of experiencing anxiety when compared to patients undergoing independent isolation. The anxiety is due to isolation rooms, lack of support, differences in treatment between confirmed COVID-19 patients and non-COVID-19 patients, uncertainty of length of treatment, fear of severity of the disease, and death. Recent research has found a relationship between anxiety and its impact on COVID-19 patients. Anxiety can reduce immunity which affects the outcome. The purpose of this study was to determine whether there was a relationship between anxiety levels and duration of RT-PCR conversion.

Methods: Analytical study design with a prospective cohort approach in confirmed COVID-19 patients who were admitted to Dr.M.Djamil Padang from March to April 2021. The sampling technique was consecutive sampling. The level of anxiety in COVID-19 patients was assessed using the Zung Self-rating Anxiety Scale (SAS) questionnaire then the results were associated with the duration of RT-PCR conversion. Data were analyzed using *Chi-Square test* or *Fisher exact test* with p value <0.05 was considered significant

Result: The 71 patients were mostly women aged 18-49 years, most of them had comorbidities, and were treated with moderate symptoms. Diagnostics was dominated by using RT-PCR with the most CT-value ≤ 30 . Duration of RT-PCR conversion was dominated by ≤ 14 days with a percentage of 85.9%. The results of the assessment of anxiety levels found that none of them experienced severe anxiety and was dominated by a mild anxiety level of 50.7%. The test results between the characteristics and the duration of conversion have a relationship with the CT-value (p value = 0.005). There is a relationship between the level of anxiety and the duration of conversion (p value = 0.021). The results of the regression test for anxiety level and CT-value with the length of conversion

showed that the level of anxiety was proven to be related to the duration of conversion (p value = 0.018).

Conclusion : The level of anxiety affected the duration of Rt-PCR conversion in COVID-19 patients.

Key word : COVID-19, level of anxiety, duration of conversion

