

Prevalens Obstructive Sleep Apnea (OSA) pada pasien gagal jantung serta faktor-faktor risiko berdasarkan kuesioner berlin dan dilanjutkan pemeriksaan polisomnografi di RSUP Persahabatan Jakarta = Prevalence of obstructive Sleep Apnea (OSA) in heart failure patients and risk factors according to berlin questionnaire followed by polisomnography examination in Persabatan Hospital Jakarta

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Abstrak

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 Abstrak :Obstructive Sleep Apnea (OSA) erat dikaitkan dengan penyakit metabolismik seperti hipertensi dan dislipidemia. Pasien dengan OSA juga sering ditemukan pada pasien gagal jantung. Obstrurctive sleep Apnea dapat memperberat gagal jantung.

Objektif :Penelitian ini bertujuan mengetahui prevalens dan faktor-faktor yang memengaruhi kejadian OSA pada pasien gagal jantung kronik di RSUP Persahabatan Jakarta.

Metode :Disain penelitian ini adalah potong lintang observasi. Pasien CHF FC I - II berkunjung ke poliklinik jantung dan vaskular RSUP Persahabatan yang memenuhi kriteria inklusi dan eksklusi. Subjek dilakukan anamnesis, pemeriksaan fisis dan eko kardiografi untuk memastikan diagnosis CHF dan dilanjutkan dengan wawancara menggunakan kuesioner Berlin untuk menentukan risiko tinggi OSA kemudian dilanjutkan pemeriksaan polisomnografi lalu dilakukan analisis statistik.

Hasil :Penelitian potong lintang ini dilakukan pada 70 sampel pasien gagal jantung. Dengan menggunakan kuesioner Berlin diperoleh sebanyak 42 pasien (60%) yang ditemukan berisiko tinggi OSA. Dengan menggunakan uji chi square ditemukan bahwa faktor usia ($p=0,988$), jenis kelamin ($p=0,678$), IMT ($p=0,170$), lingkar leher ($p=0,605$), lingkar perut ($p=0,189$), tekanan darah ($p=0,922$), merokok ($p=0,678$) dan fraksi ejeksi ≦40% ($p= 0.109$) tidak ditemukan memiliki hubungan bermakna dengan risiko OSA pada pasien gagal jantung. Sementara faktor ukuran tonsil ditemukan memiliki hubungan bermakna ($p=0,005$). Dari 42 orang tersebut dipilih secara acak 26 orang untuk dilakukan pemeriksaan lanjutan polisomnografi dan didapatkan pasien gagal jantung menderita OSA ringan dengan nilai AHI $5 \leq 15$ sebanyak 7 pasien (26.7%), OSA sedang dengan AHI $15-30$ sebanyak 9 pasien (34.5%) dan OSA berat dengan AHI >30 sebanyak 10 pasien (38.8%).

Kesimpulan :prevalens pasien CHF FC I - II yang memiliki risiko tinggi OSA berdasarkan kuesioner Berlin dengan nilai >2 adalah sebanyak 42 orang (60%) dengan faktor risiko ukuran tonsil yang bermakna menyebabkan terjadinya OSA pada CHF ABSTRACT
 Background: Obstructive Sleep Apnea (OSA) commonly associated

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metabolic disease including hypertension and dyslipidemia. Patients with OSA is also commonly found in conjunction with heart failure condition.

Obstructivesleep apnea can cause CHF getting worst

Objective:This study aims to acknowledge prevalence of OSA and influence factors in heart failure patients in Persahabatan Hospital

Methods:Thisobservational cross sectionalstudy was being done in 70 samples chronic heart failure patients who visited in cardio and vascular disease clinic in Persahabatan Hospital with fuctional class I - II who met the inclusion and exclusion criteria. Subjects were asked for history of disease, physical examination and echocardiography then underwentBerlins Questionnaire then followed by polysomnography examination to detect the presence of OSA.

Results: Observational cross sectionalstudy done in 70 samples chi square test can be concluded that age ($p=0,988$), gender ($p=0,678$), Body Mass Index ($p=0,170$), neck circumference($p=0,605$), abdominal circumference ($p=0,189$), blood pressure ($p=0,922$),smoking ($p=0,678$) and ejection fraction ≦40% ($p=0,109$),many factors are not significantly related to the risk of OSA in heart failure patients.Meanwhile, tonsillar size is found to have significantly related to incidence of OSA in heart failure patients ($p=0,005$). 46 patients who have high risk of OSA by Berlins questionnaire selected by random to get 26 patients who will follow polysomnography examination, result for patients CHF with mild OSA AHI 5 -15 are 7 patients (26.7%), moderate OSA with AHI 15 - 30 are 9 patients (34.5%) and severe OSA with AHI ≥ 30 are 10 patients (38.8%).

Conclusion:The prevalence of CHF FC I - II with high risk OSA that screened by Berlins Questionnaire in CHF patiens are 43 patients (60%) with tonsillar size is found to have significantly related to incidence of OSA.;Background: Obstructive Sleep Apnea (OSA) commonly associated with

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