

# Perubahan kapasitas fungsional menggunakan uji jalan 6 menit dan perubahan kualitas hidup menggunakan EORTC QLQ C-30 pada pasien kanker payudara stadium I sampai III sebelum kemoterapi dan setelah kemoterapi adjuvant ke-3 di RSKD = Changes in functional capacity using 6 minute walking test and quality of life using EORTC QLQ C-30 in patient with stage I-III breast cancer before and after third adjuvant chemotherapy in RSKD

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## Abstrak

Latar Belakang: Dari data SIRS,2010 pasien kanker payudara terbanyak di rawat inap maupun rawat jalan di seluruh RS di Indonesia yakni 28,7 dari seluruh kanker. Efek samping kemoterapi dapat menurunkan kapasitas fungsional dan kualitas hidup pasien. Tujuan penelitian ini untuk mengetahui dampak pengobatan kemoterapi terhadap perubahan kapasitas fungsional dan kualitas hidup pasien kanker payudara stadium I sampai III.

Metode: Desain pre dan post-test. Data diambil sebelum subjek mendapat protokol kemoterapi pertama dan setelah kemoterapi adjuvant ke-3. Kapasitas fungsional dinilai dengan uji jalan 6 menit dan kualitas hidup dinilai dengan EORTC QLQ C-30. Penelitian pada 30 subjek yang didapat secara konsekutif dan memenuhi kriteria penelitian. Data demografis dan klinis pasien dikumpulkan dan dicatat.

Hasil: Dari 30 subjek, terdapat 26 subjek 86,7 mengalami penurunan rerata score uji jalan 6 menit setelah kemoterapi adjuvant ke-3 dibandingkan sebelum pengobatan kemoterapi. Terdapat perbedaan yang bermakna dengan nilai  $p \leq 0,05$ . Hasil score EORTC QLQ C-30 pada domain skala fungsi dan kualitas hidup secara global, didapatkan score rerata yang menurun pada semua fungsi setelah kemoterapi adjuvant ke-3 dibandingkan sebelum kemoterapi pada semua subjek. Perbedaan bermakna terdapat pada skala fungsi sosial  $p \leq 0,05$ . Pada skala gejala terdapat peningkatan rerata score tiap gejala setelah kemoterapi adjuvant ke-3 dibandingkan sebelum kemoterapi pada semua subjek. Perbedaan bermakna terdapat pada gejala fatigue, mual-muntah, dan penurunan nafsu makan  $p \leq 0,05$ .

Kesimpulan: Terdapat penurunan kapasitas fungsional dan kualitas hidup pada pasien kanker payudara setelah mendapat kemoterapi adjuvant ke-3 akibat efek samping pengobatan kemoterapi.

.....Background: SIRS data from 2010 breast cancer patients most in inpatient and outpatient care in all hospitals in Indonesia, namely 28.7 of all cancers. The side effects of chemotherapy can decrease the functional capacity and quality of life of patients. The purpose of this study Identify the impact of chemotherapy treatment in functional capacity and quality of life in patients with stage I III breast cancer.

Methods: Pre and post test design. Data was taken before the subject had the first chemotherapy protocols and after third adjuvant chemotherapy. Functional capacity was assessed with the 6 minute walking test and quality of life was assessed with the EORTC QLQ C 30. This study was conducted on 30 subjects with consecutive sampling and met the criteria of this study. Demographic and clinical patient data were collected and recorded.

Results: Among 30 subjects, 26 subjects 86.7 experienced decline in six minute walking test score after third adjuvant chemotherapy compare to prior chemotherapy treatment. There were significant differences in

functional capacity before and after third chemotherapy adjuvant  $p \leq 0,05$ . There were decrease in mean score of all functions in EORTC QLQ C 30 score on functional domain scale and global quality of life in all subject after third adjuvant chemotherapy compared to prior chemotherapy treatment. Significant differences was found in social functioning scale  $p \leq 0,05$  . On symptoms scale, there were increase in average score of each symptoms after third adjuvant chemotherapy in all subject compare to prior chemotherapy treatment. Significant differences was found in symptoms of fatigue, nausea, vomiting, and decreased appetite  $p \leq 0,05$ .

Conclusion: There are decrease in functional capacity and quality of life in breast cancer patients after third adjuvant chemotherapy due to side effects of chemotherapy treatment.