

Prevalens penyakit paru obstruktif kronik (PPOK) pada penyapu jalan raya di Jakarta = Prevalence of Chronic Obstructive Pulmonary Disease (COPD) among street sweepers in Jakarta

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20447435&lokasi=lokal>

Abstrak

Latar Belakang: PPOK adalah penyakit yang penting di seluruh dunia baik di negara maju maupun berkembang. Penyapu jalan raya terpajan oleh partikel debu, bioaerosol dan berbagai gas berbahaya.

Penelitian ini mengevaluasi prevalens PPOK pada penyapu jalan raya di Jakarta.

Metode : Penelitian potong lintang pada 153 subjek penyapu jalan raya di Jakarta, berusia lebih dari 40 tahun dengan masa kerja lebih dari 2 tahun. Pengumpulan subjek menggunakan metode cluster sampling berdasarkan lokasi kerja daerah kotamadya di Jakarta. Diagnosis PPOK berdasarkan kuesioner COPD Assessment Test CAT, The Modified British Medical Research Council mMRC, pemeriksaan spirometri berdasarkan Pneumobile Project Indonesia dan dilakukan uji bronkodilator bila didapatkan hasil obstruktif.

Hasil : Prevalens PPOK pada penyapu jalan raya di Jakarta adalah 10 dari 153 subjek 6,5 . Enam subjek laki-laki 60 , tidak menggunakan masker 80 , bekerja lebih dari 10 tahun 70 , perokok 60 dan indeks massa tubuh $le; 25 \text{ kg/m}^2$ 80. Terdapat hubungan yang bermakna secara statistik antara usia dan PPOK.

Background: Chronic obstructive pulmonary disease COPD is an important disease worldwide in both high income and low income countries. Dust has been known to increase COPD risk. During sweeping activity, sweepers are exposed to dust. The street sweepers are exposed to dust particles, bioaerosols, and various harmful gases. In this study we evaluates the prevalence of COPD among street sweepers in Jakarta. Method: This is a cross sectional study among 153 street sweepers in Jakarta, Indonesia with age more than 40 years old with working period more than 2 years. Subjects were collected by cluster sampling method based on working location correlated with Jakarta regional district area. COPD was diagnosed by using questionnaires of COPD Assessment Test CAT, The Modified British Medical Research Council mMRC, spirometry examination based on Pneumobile Project Indonesia, and bronchodilator test if there was obstructive results.

Results A total of 153 subjects was selected for spirometry examination. The prevalence of COPD among street sweepers in Jakarta, Indonesia was 10 of 153 subject 6.5. Six of them were males 60, do not use face mask 80 , working years 10 years 70, smokers 60, and BMI $le 25 \text{ kg m}^2$ 80 .There was a statistically significant relationship between age and COPD p 0,05.

Conclusion Prevalence of COPD among street sweepers in Jakarta is 6.5 . Factor related to the occurrence of COPD is age.