

# Kondisi mulut dan penyakit sistemik lansia panti sosial tresna werdha binaan pemerintah Provinsi DKI Jakarta = Oral condition and systemic disease of elderly in state institutions in Jakarta / Dwi Ariani

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## Abstrak

**Latar belakang:** Populasi lansia di Indonesia meningkat, sebagian ada yang hidup di PSTW binaan Pemerintah Provinsi DKI Jakarta. Pemerintah memiliki wewenang untuk menjamin ketersediaan fasilitas kesehatan dan pendampingan bagi lansia. Namun hanya sedikit penelitian mengenai lesi mulut pada lansia di Indonesia. **Tujuan:** Untuk menganalisis kondisi rongga mulut dan penyakit sistemik pada lansia di PSTW DKI Jakarta. **Metode:** Subjek penelitian didapat melalui metode *consecutive sampling* pada populasi lansia di 5 PSTW di 3 wilayah DKI Jakarta. Dari 1185 penghuni PSTW diperoleh 273 yang memenuhi kriteria inklusi. Data sosiodemografi dan riwayat penyakit sistemik diambil dari rekam medis di panti. Semua subjek dilakukan pemeriksaan oral, yaitu *Oral Hygiene Index-Simplified (OHI-S)*, *Papillary Bleeding Index (PBI)*, *Decay, Missing, Filling-Teeth (DMF-T)*, *Skor Indeks Mukosa Plak (MPS)*, dan pemeriksaan laju alir dan pH saliva, lesi mulut dan topografi lesi mulut. Subjek diwawancarai tentang kebiasaan yang berhubungan dengan kesehatan mulut. **Hasil:** Prevalensi lesi mulut terbanyak adalah gingivitis dan prevalensi penyakit sistemik terbanyak adalah hipertensi. Kategori OHI-S buruk, kategori PBI baik, kategori DMF-T sangat tinggi, kategori indeks MPS baik. Terdapat hubungan antara jenis kelamin dan jenis pekerjaan dengan penyakit sistemik pada lansia. Lansia dengan kebiasaan merokok, menyirih, dan minum alkohol cenderung memiliki penyakit sistemik. Lansia dengan penyakit sistemik cenderung memiliki lesi mulut. **Kesimpulan:** Kondisi mulut dan penyakit sistemik pada lansia yang tinggal di PSTW DKI Jakarta dalam keadaan tidak baik.

**Background:** The population of elderly in Indonesia is increasing, some are living on government institutions in Jakarta. The government has the authority to ensure the availability of health facilities and assistance for the elderly. There are only a few studies on oral lesions of elderly in Indonesia. **Objective:** To analyze the condition of the oral lesion and systemic disease of elderly on government institutions in Jakarta. **Method:** Subjects were obtained through consecutive sampling method of elderly population in 5 government institutions in 3 areas of Jakarta. Of the 1185 residents, 273 were obtained inclusion criteria. Sociodemographic data and history of systemic diseases were taken from medical records in the institution. All subjects had oral examinations, which are *Simplified Oral Hygiene Index (OHI-S)*, *Papillary Bleeding Index (PBI)*, *Decay, Missing, Filling-Teeth (DMF-T)*, *Mucosal Plaque Index Score (MPS)*, and examination of flow rate and salivary pH, oral lesions and oral lesions topography. Subjects were interviewed about oral health related habits. **Results:** The most common oral lesions was gingivitis and most common systemic diseases was hypertension. OHI-Scategory is bad, PBI category is good, DMF-T category is very high, MPS index category is good. There is a relationship between gender and type of work with systemic diseases in the elderly. Elderly with the habit of smoking, snacking, and drinking alcohol tend to have systemic diseases. Elderly with systemic diseases tend to have oral lesions. **Conclusion:** Oral conditions and systemic diseases in elderly who living in institution in

Jakarta are not good.</p>