

# Karakteristik klinis Pasien Kecurigaan Tinggi Apnea Tidur Obstruktif dengan Stroke di Rumah Sakit Cipto Mangunkusumo = Clinical characteristics of High Suspicious Obstructive Sleep Apnea Patient with Stroke in Cipto Mangunkusumo General Hospital

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## Abstrak

Latar Belakang. Apnea tidur obstruktif (ATO) banyak tidak disadari oleh klinisi dan prevalensinya di Indonesia cukup tinggi. Stroke merupakan penyebab kematian ke-2 di dunia dan Indonesia. ATO meningkatkan risiko kejadian stroke. Karakteristik klinis pasien ATO dengan stroke masih belum banyak diteliti. Tujuan. Mengetahui karakteristik klinis pasien kecurigaan tinggi ATO dengan stroke di RSCM. Metode. Penelitian potong lintang dengan metode consecutive dilakukan pada bulan Maret - Juni 2019 di RSCM (dari Poliklinik Neurologi dan data pencatatan pasien ATO Divisi Respirologi dan Penyakit Kritis Departemen Ilmu Penyakit Dalam). Kecurigaan tinggi ATO ditegakkan berdasarkan kuesioner Berlin-ID. Pasien dibedakan menjadi stroke dan bukan stroke. Pasien yang tidak kooperatif atau menolak penelitian dieksklusi dari penelitian. Usia, jenis kelamin, Indeks Massa Tubuh (IMT), tekanan darah, kadar HbA1c, dan lingkar leher dinilai pada setiap pasien. Ketebalan tunika intima media arteri karotis (CIMT) dinilai pada 23 subyek. Analisis data dilakukan dengan SPSS 24. Hasil Utama. Sebanyak 103 pasien kecurigaan tinggi ATO diikutsertakan dalam penelitian (34 dengan stroke dan 69 bukan stroke). Proporsi pasien kecurigaan tinggi ATO dengan stroke di RSCM adalah 33%. Pasien kecurigaan tinggi ATO dengan stroke dan bukan stroke di RSCM memiliki rerata usia 58,5 dan 57 tahun, 82,4% dan 94,2% mengalami gangguan mendengkur, 61,8% dan 36,2% laki-laki, 20,6% dan 10,1% overweight, 61,8% dan 63,8% obese, 58,8% dan 49,3% hipertensi (80% dan 85,3% tidak terkontrol), rerata CIMT kanan-kiri 0,66-0,71 mm dan 0,59-0,66 mm, 26,5% dan 34,8% diabetes melitus/DM (77,8% dan 64,7% memiliki HbA1c terkontrol), dan median lingkar leher 35,5 dan 34 cm (laki-laki 38 dan 39 cm, perempuan 33,5 dan 35 cm). Simpulan. Proporsi pasien stroke pada kecurigaan tinggi ATO di RSCM adalah 33%. Dibandingkan dengan bukan stroke, pasien kecurigaan tinggi ATO dengan stroke di RSCM memiliki rerata usia yang lebih tinggi, proporsi overweight lebih tinggi, proporsi hipertensi lebih tinggi, rerata CIMT lebih tinggi, proporsi DM dalam terapi dengan HbA1c terkontrol lebih tinggi, dan median lingkar leher lebih tinggi.

.....Background. Obstructive sleep apnea (OSA) is not recognized by clinicians and its prevalence in Indonesia is quite high. Stroke is the second leading cause of death in the world and Indonesia. OSA increases the risk of stroke events. The clinical characteristics of OSA patients with stroke have not been widely studied. Objective. To know the clinical characteristics of high suspicious OSA patients with stroke in RSCM.. Method. A cross-sectional study using the consecutive method was carried out in March - June 2019 at RSCM (from Neurology Polyclinic and OSA patient record data of Respirology and Critical Illness Division of Internal Medicine Department). High suspicious OSA was diagnosed based on Berlin-ID questionnaire. Subjects were divided into stroke and not stroke. Subjects who were not cooperative or refuse the study were excluded. Age, gender, Body Mass Index, blood pressure, HbA1c levels, and neck circumference were assessed in each patient. The thickness of the carotid artery tunica intima (CIMT) was assessed in 23 subjects. Data analysis was performed with SPSS 24. Result. A total of 103 high suspicious

OSA patients were included in the study (34 with stroke, 69 not stroke). The proportion of high suspicious OSA patients with stroke is 33%. Patients with high suspicious OSA with stroke and non-stroke in RSCM had an average age of 58.5 and 57 years, 82.4% and 94.2% experienced snoring disorders, 61.8% and 36.2% men, 20.6 % and 10.1% overweight, 61.8% and 63.8% obese, 58.8% and 49.3% hypertension (80% and 85.3% uncontrolled), mean right-left CIMT 0.66- 0.71 mm and 0.59-0.66 mm, 26.5% and 34.8% diabetes mellitus/DM (77.8% and 64.7% had controlled HbA1c), and the median neck circumferences were 35.5 and 34 cm (males 38 and 39 cm, females 33.5 and 35 cm). Conclusion. The proportion of stroke in high suspicious OSA patients is 33%. Compared with non-stroke, high suspicious OSA patients with stroke in RSCM had a higher mean age, higher overweight proportion, higher hypertension proportion, higher CIMT mean, higher DM in therapy with controlled HbA1c proportion, and higher median neck circumference.