

Hubungan fungsi otot dengan kualitas hidup terkait kesehatan pada perempuan penderita lupus eritematosus sistemik = The association of muscle function on health related quality of life (HRQoL) in women with systemic lupus erythematosus

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Abstrak

Latar Belakang: Perbaikan fungsi fisik, emosional dan kualitas hidup penderita LES harus menjadi bagian penting penatalaksanaan paripurna. Fungsi otot, yang merupakan kombinasi dari kekuatan otot dan performans fisik (Asian Working Group on Sarcopenia 2019), merupakan salah satu determinan penting kualitas hidup subyek LES. Belum ada penelitian evaluasi pengaruh fungsi otot terhadap kualitas hidup penderita LES menggunakan kuesioner Sarcopenia Quality of Life

(SarQoL).

Tujuan: Evaluasi hubungan fungsi otot dengan kualitas hidup menggunakan kuesioner SarQoL pada perempuan penderita LES.

Metode:

Penelitian potong lintang ini merekrut 61 subyek LES perempuan di klinik Alergi Imunologi, RSCM, secara konsekutif, fungsi otot dinilai dengan dinamometer genggam tangan Jamar (kekuatan otot) dan uji kecepatan berjalan 6 meter (performans fisik), HRQoL dinilai dengan kuesioner Sarcopenia Quality of Life (SarQoL). Kriteria penerimaan perempuan dengan LES berusia 18 tahun, tanpa kondisi autoimun lain dan gangguan fungsional/anatomis yang mengganggu pemeriksaan. Analisis statistik menggunakan uji t untuk analisis beda dua rerata dan analisis multivariat regresi linier untuk penyesuaian terhadap perancu.

Hasil: Rerata skor total SarQoL subyek kekuatan otot baik dan rendah didapatkan berbeda signifikan, 74,86 (9,48) vs. 65,49 (15,51) ($p=0,009$), tetap signifikan setelah disesuaikan usia, asupan protein, tingkat aktivitas olahraga dan aktivitas penyakit [B -7,12; IK 95% -14,58 -(-1,20)].

Rerata skor total SarQoL subyek dengan kecepatan berjalan baik dan rendah tidak didapatkan berbeda signifikan 70,67 (11,08) vs. 70,72 (13,56) ($p=0,993$).

Simpulan: Terdapat hubungan signifikan antara kekuatan otot dan kualitas hidup terkait kesehatan menurut SarQoL pada perempuan penderita LES

Background: Improvement of physical, emotional function and quality of life of SLE patients, should be an important part of holistic clinical management. Muscle function, a combination of muscle strength and physical performance (Asian Working Group on Sarcopenia 2019), was an important determinant of quality of life in lupus patients. There was no study aimed at evaluating the impact of muscle function on SLE patient's quality of life using Sarcopenia Quality of Life (SarQoL) questionnaire.

Aim: This study was conducted to evaluate the relationship of muscle function and SarQoL score in women with SLE.

Methods: This cross-sectional study recruited 61 women with SLE in Allergy-Immunology Clinic of Cipto Mangunkusumo Hospital consecutively, muscle function was measured with Jamar handheld-dynamometer and 6 meter walk test, HRQoL was measured with Sarcopenia Quality of Life (SarQoL) questionnaire. Acceptance criteria include women 18 years old with SLE, and not with other autoimmune disease nor functional/anatomical dysfunction that disturb measurements. Statistical analysis was conducted with t-test

for mean difference and linear regression was used to adjust confounders.

Results: The difference of total SarQoL score in subjects with good and low muscle strength was found to be significant; 74.86 (9.48) vs. 65.49 (15.51) ($p=0.009$), statistically significant after adjustments with age, protein intake, physical activity level and disease activity [B -7.12; 95% CI -14.58 –(-1.20)]. The difference of total SarQoL score in subjects with good and low physical performance was found to be not significant 70.67 (11.08) vs. 70.72 (13.56) ($p=0.993$).

Conclusion: There was a significant association between muscle strength and HRQoL according to SarQoL in women with SLE