

## Korelasi Derajat Sesak Napas dengan Kualitas Hidup terkait Kesehatan pada Lanjut Usia Pasca Covid-19 = Correlation of Dyspnea Severity and Health Related Quality of Life in Elderly Post Covid-19

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### Abstrak

Tesis ini bertujuan untuk mengetahui korelasi antara derajat sesak napas dan kualitas hidup terkait kesehatan pada lanjut usia pasca COVID-19. Penelitian ini merupakan studi potong lintang pada pasien lanjut usia pasca perawatan COVID-19 di RSUP Persahabatan. Pengambilan data dilakukan menggunakan aplikasi audio-video Whatsapp dan Zoom. Penilaian sesak napas dilakukan dengan skala sesak Borg (modified Borg dyspnea scale) dan skala sesak modified Medical Research Council (mMRC). Penilaian kualitas hidup terkait kesehatan dilakukan dengan instrumen EQ-5D-5L versi bahasa Indonesia. Pada penelitian ini didapatkan 44 subjek lanjut usia pasca COVID-19. Dari hasil penilaian skala sesak Borg didapatkan adanya sesak napas ringan pada 15,9% pasien dan sesak napas sedikit berat pada 6,8% subjek. Dari hasil penilaian skala sesak mMRC didapatkan nilai mMRC > 1 pada 20,4% subjek. Terdapat korelasi antara skala sesak Borg dengan EQ-5D-5L pada komponen kemampuan berjalan ( $r=0,42$ ;  $p<0,01$ ), perawatan diri ( $r=0,51$ ;  $p<0,01$ ), rasa cemas/depresi ( $r=0,52$ ;  $p<0,01$ ), dan EQ-VAS ( $r=-0,53$ ;  $p<0,01$ ). Terdapat korelasi antara skala sesak mMRC dengan EQ-5D-5L pada komponen kemampuan berjalan ( $r=0,65$ ;  $p<0,01$ ), perawatan diri ( $r=0,62$ ;  $p<0,01$ ), kegiatan yang biasa dilakukan ( $r=0,69$ ;  $p<0,01$ ), dan EQ VAS ( $r=-0,58$ ;  $p<0,01$ ). Kesimpulan penelitian ini adalah adanya hubungan korelasi positif sedang antara derajat sesak napas dengan komponen perawatan diri dan rasa cemas/depresi. Didapatkan adanya korelasi negatif sedang antara derajat sesak napas dengan nilai EQ VAS.

.....This study aims to determine the correlation between the severity of shortness of breath and health-related quality of life in the elderly after COVID-19. This is a cross-sectional study on elderly patients after COVID-19 inpatient treatment at Persahabatan Hospital, Jakarta. Data collection was carried out using the Whatsapp and Zoom audio-video application. Dyspnea severity was assessed using the modified Borg dyspnea scale and the modified Medical Research Council (mMRC) dyspnea scale. Health-related quality of life assessment was carried out with the Indonesian version of the EQ-5D-5L instrument. A total of 44 elderly subjects post COVID-19 were included in this study. From the results of the modified Borg dyspnea scale assessment, it was found that there was mild dyspnea in 15.9% of subjects and somewhat severe dyspnea in 6.8% of subjects. From the results of the mMRC dyspnea scale assessment, the mMRC value more than 1 is found in 20.4% of the subjects. There was a correlation between the modified Borg dyspnea scale and EQ-5D-5L on the components of mobility ( $r=0.42$ ;  $p<0.01$ ), self-care ( $r=0.51$ ;  $p<0.01$ ), anxiety/depression ( $r=0.52$ ;  $p<0.01$ ), and EQ-VAS ( $r=-0.53$ ;  $p<0.01$ ). There is a correlation between the mMRC shortness scale and EQ-5D-5L on the components of mobility ( $r=0.65$ ;  $p<0.01$ ), self-care ( $r=0.62$ ;  $p<0.01$ ), usual activities ( $r=0.69$ ;  $p<0.01$ ), and EQ VAS ( $r=-0.58$ ;  $p<0.01$ ). There is a moderate positive correlation between the severity of dyspnea with components of self-care and anxiety/depression. There was a moderate negative correlation between the degree of dyspnea and the EQ VAS value.