

Peran rehabilitasi preventif terhadap kapasitas fungsional dan kualitas hidup pasien kanker payudara stadium II-III yang menjalani kemoterapi = Effect of preventive rehabilitation on functional capacity and quality of life amongst patients stage II-III breast cancer receiving chemotherapy

Lili Dwiyani, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20525531&lokasi=lokal>

Abstrak

Kanker payudara merupakan jenis keganasan tersering pada wanita di Indonesia. Kemoterapi dan inaktivitas fisik selama pengobatan kanker menyebabkan penurunan kapasitas fungsional dan kualitas hidup.

Rehabilitasi preventif dengan latihan aerobik terbukti bermanfaat meningkatkan kapasitas fungsional dan kualitas hidup pada populasi ini, namun studi mengenai aktivitas berjalan kaki terukur pedometer masih belum diteliti di Indonesia. Studi ini bertujuan menilai efek aktivitas berjalan kaki harian 4000 langkah selama 8 minggu terhadap kapasitas fungsional dan kualitas hidup pasien kanker payudara stadium II-III yang menjalani kemoterapi. Studi ini adalah one group pre and post test design, dilakukan pada 15 subjek, berusia 25-59 tahun, di poliklinik Rumah Sakit Kanker Dharmais. Kapasitas fungsional ditentukan dari jarak tempuh uji jalan enam menit protokol Nury dan kualitas hidup dengan EORTC-QLQ-C30 versi Bahasa Indonesia, yang dinilai sebelum dan setelah rehabilitasi preventif. Rerata capaian jumlah langkah harian adalah 5005,26+1574 langkah. Tidak ditemukan perbedaan kapasitas fungsional sebelum dan setelah rehabilitasi (436,84±47,87 dan 449,64±51,84, p=0,0143). Terjadi peningkatan kualitas hidup global EORTC QLQ-C30 setelah penerapan aktivitas berjalan kaki terukur (63,89±30,97 dan 82,78±14,24, p=0,011). Aktivitas berjalan kaki terukur pedometer selama 8 minggu mempertahankan kapasitas fungsional dan meningkatkan kualitas hidup pada pasien kanker payudara stadium II-III yang menjalani kemoterapi.

..... Breast cancer is the most common cancer amongst Indonesian women. Chemotherapy and physical inactivity during cancer treatment lead to decreased functional capacity and quality of life, which could be prevented by doing aerobic exercise. However, studies on pedometer-based walking activity programs have not been studied in Indonesia. This study aimed to assess the effects of eight weeks of 4000-steps of the pedometer-based walking activity program on functional capacity and quality of life in stage II-III breast cancer patients receiving chemotherapy. This study was a one-group pre-and post-test design with 15 subjects, aged 25-59 years, in the outpatient of Rumah Sakit Kanker Dharmais. The functional capacity was determined from the six-minute walk test distances of the Nury's protocol and quality of life with the EORTC-QLQ-C30 Indonesian version, which were assessed before and after rehabilitation. The average daily step count was 5005.26+1574 steps. There was no difference in functional capacity before and after rehabilitation (436.84±47.87 and 449.64±51.84, p=0.0143). There was an increase in the global quality of life of the EORTC QLQ-C30 after the implementation of measured walking activities (63.89±30.97 and 82.78±14.24, p=0.011). Eight weeks of pedometer-based walking activity program maintains functional capacity and improves the quality of life in stage II-III breast cancer patients receiving chemotherapy.