

Kualitas Hidup Pasien Kanker Paru pada Pandemi COVID-19 = Quality of Life of Lung Cancer Patients during COVID-19 Pandemic

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Abstrak

Latar belakang: Situasi pandemi COVID-19 membawa dampak terhadap berbagai aspek kehidupan, terutama pada masyarakat dengan penyakit kronis seperti kanker paru. Perubahan akibat pandemi memengaruhi tingkat kualitas hidup pasien yang penting untuk kesejahteraan hidup mereka. Penelitian ini bertujuan untuk memberikan gambaran kualitas hidup pasien kanker paru pada pandemi COVID-19.

Metode: Studi dengan metode potong-lintang dilakukan di Poli Rawat Jalan Onkologi Toraks RSUP Persahabatan, Jakarta. Sampel diambil menggunakan metode consecutive sampling. Tingkat kualitas hidup dinilai menggunakan kuesioner European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire Core 30 items (EORTC QLQ-C30) versi Bahasa Indonesia. Penelitian ini juga menilai karakteristik sosiodemografis dan klinis pasien, serta faktor terkait COVID-19 yang meliputi kekhawatiran akan terhambatnya pengobatan, paparan informasi mengenai COVID-19, hambatan akses menuju fasilitas kesehatan, hambatan kelanjutan pengobatan, tekanan mental yang dialami, serta hubungan dengan keluarga dan teman selama pandemi COVID-19.

Hasil: Sebanyak 94% dan 6% pasien kanker paru memiliki tingkat kualitas hidup sedang dan buruk selama pandemi COVID-19. Keseluruhan pasien mengalami gangguan kualitas hidup selama pandemi, tetapi tidak ditemukan adanya hubungan yang bermakna secara statistik pada tingkat kualitas hidup dengan karakteristik subjek, maupun dengan pandemi COVID-19. Sebagian besar pasien mengkhawatirkan keterlambatan pengobatan dan mengalami tekanan psikologis, namun hanya sedikit pasien yang mengalami hambatan pengobatan selama pandemi.

Kesimpulan: Studi ini menunjukkan adanya gangguan kualitas hidup pada pasien kanker paru selama pandemi COVID-19. Diperlukan adanya penelitian lebih lanjut serta pengembangan intervensi yang lebih holistik dan komprehensif untuk pasien kanker paru, terutama selama pengobatan jarak jauh.

Kata kunci: Kanker Paru, Kualitas Hidup, COVID-19

.....Introduction: The COVID-19 pandemic has affected various aspects of life, especially for people with chronic diseases such as lung cancer. The changes due to the pandemic impact their quality of life (QoL) which is important for their well-being. This study aimed to provide an overview of lung cancer patients' QoL during the COVID-19 pandemic.

Method: A cross-sectional study was conducted in the Thoracic Oncology Outpatient Clinic of Persahabatan National Respiratory Referral Hospital, Jakarta. Patients were recruited using consecutive sampling methods. QoL was assessed using the Indonesian version of the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core 30 items (EORTC QLQ-C30). This study also assessed the patients' sociodemographic and clinical characteristics and the factors related to COVID-19, including concerns about treatment delays, exposure to COVID-19 information, barriers to access to healthcare facilities and treatment continuation, psychological pressure, and interpersonal relationships with family and friends.

Results: 94% and 6% of lung cancer patients have moderate and poor QoL during the COVID-19 pandemic. All patients have impaired QoL, but no statistically significant relationship was found between QoL and the subjects' characteristics or the factors related to the pandemic. Most patients are concerned about treatment delays and experiencing psychological pressure, but only a few patients experience treatment barriers during the pandemic.

Conclusion: This study showed an impaired QoL in lung cancer patients during the COVID-19 pandemic. Further research and development of more holistic and comprehensive interventions for lung cancer patients, particularly during remote treatment, are needed.