

# Profil Risiko Pasien yang Mengalami Readmisi 30 Hari di Ruang Rawat Inap Psikiatri Rumah Sakit Cipto Mangunkusumo Tahun 2022 = The Risk Profile of Patients Experiencing Readmission in The Psychiatric Inpatient Ward of Cipto Mangunkusumo Hospital In 2022

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## Abstrak

### Latar Belakang

Gangguan jiwa, terutama di Indonesia, memerlukan perhatian khusus karena tingginya angka pasien rawat inap dengan kondisi seperti skizofrenia, depresi, dan bipolar. Rumah Sakit Umum Pusat Nasional Cipto Mangunkusumo (RSCM), sebagai pusat rujukan, menghadapi tingkat readmisi yang signifikan, mendorong perlunya pemahaman mendalam mengenai profil risiko pasien untuk meningkatkan manajemen dan layanan kesehatan jiwa di Indonesia.

### Metode

Penelitian menggunakan data rekam medis pasien dewasa dengan skizofrenia, bipolar, atau depresi mayor yang mengalami readmisi dalam 30 hari setelah pulang dari perawatan di RSCM pada tahun 2022. Metode analisis deskriptif kuantitatif digunakan untuk menganalisis data sekunder tersebut menggunakan SPSS, dengan presentasi data dalam bentuk tabel dan naratif.

### Hasil

Dari 258 pasien psikiatri, 19 (7,34%) mengalami readmisi dalam 30 hari pasca pulang. Profil risiko pasien meliputi rentang usia 19-40 tahun, mayoritas perempuan (63.2%), pendidikan tinggi (89.5%), tidak menikah (78.9%), tidak bekerja (78.9%), dan tinggal di perkotaan (100%). Mayoritas menderita skizofrenia (52.6%), tidak memiliki komorbid (73%), menggunakan BPJS (84.2%), tinggal bersama keluarga (89.5%), dan sebelumnya dirawat 1-5 kali (63.2%). Pasca pulang, sebagian tidak patuh dalam pengobatan (57.9%), memiliki upaya bunuh diri (84.2%), dan menggunakan rawat jalan psikiatri (94.7%).

### Kesimpulan

Readmisi 30 hari pasca pulang di RSCM tahun 2022 masih tergolong tinggi jika dibandingkan data secara global, tetapi mengalami penurunan jika dibandingkan dengan data RSCM tahun 2018. Profil risiko pasien dari aspek sosiodemografi, klinis, serta pasca pulang tetap harus diperhatikan untuk dapat mengurangi angka readmisi serta meningkatkan kualitas pelayanan psikiatri di RSCM.

### .....Introduction

Mental disorders, particularly in Indonesia, demand special attention due to the high number of inpatients with conditions like schizophrenia, depression, and bipolar disorder. Cipto Mangunkusumo National General Hospital (RSCM), as a referral center, faces significant readmission rates, underscoring the need for a deep understanding of patient risk profiles to enhance mental healthcare management and services in Indonesia.

### Method

The study utilized secondary data from adult patients diagnosed with schizophrenia, bipolar disorder, or major depression who experienced readmission within 30 days after discharge from RSCM in 2022. Quantitative descriptive analysis through SPSS was employed to analyze the data, presented in tabular and

narrative forms.

## Results

Out of 258 psychiatric patients, 19 (7.34%) experienced readmission within 30 days post-discharge. Patient risk profiles included an age range of 19-40 years, mostly females (63.2%), higher education levels (89.5%), unmarried (78.9%), unemployed (78.9%), and residing in urban areas (100%). Majority were diagnosed with schizophrenia (52.6%), had no comorbidities (73%), utilized BPJS (84.2%), lived with family (89.5%), and had been previously hospitalized 1-5 times (63.2%). Post-discharge, some were non-adherent to treatment (57.9%), exhibited suicidal tendencies (84.2%), and utilized outpatient psychiatric care (94.7%).

## Conclusion

Thirty-day readmission at RSCM in 2022 remains relatively high compared to global data, but has seen a decrease when compared to RSCM data in 2018. Patient risk profiles in terms of sociodemographic, clinical, and post-discharge aspects must continue to be considered to reduce readmission rates and enhance the quality of psychiatric care at RSCM.