

Kualitas Hidup Penyintas COVID-19 dengan Riwayat ARDS Pasca Penggunaan Alat Bantu Napas di Ruang Perawatan Intensif = Quality of Life of COVID-19 Survivors with ARDS after Using Ventilatory Support in the Intensive Care Unit

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Abstrak

Pada era pandemi COVID-19, perawatan intensif menjadi krusial bagi pasien dengan sindrom gangguan pernapasan akut (ARDS) yang memerlukan alat bantu napas. Setelah perawatan intensif, penting untuk mengevaluasi kualitas hidup penyintas COVID-19 untuk mengetahui dampak jangka panjang terhadap kesehatan fisik dan mental. Penelitian ini bertujuan untuk menilai kualitas hidup dan karakteristik yang memengaruhinya pada penyintas COVID-19 dengan riwayat ARDS pasca penggunaan alat bantu napas, baik invasif dan non-invasif, di ruang perawatan intensif. Penelitian ini menggunakan pendekatan cross-sectional dan dilaksanakan secara multicenter dengan total 56 responden yang memenuhi kriteria inklusi dari tiga rumah sakit rujukan COVID-19 nasional yang masuk dalam jejaring Academic Health System (AHS) Universitas Indonesia. Instrumen yang digunakan adalah The St. George Respiratory Questionnaire (SGRQ). Pada hasil penelitian ini, ditemukan Tingkat kualitas hidup yang rendah berkaitan dengan sistem pernapasan pada domain Tanda dan Gejala serta Aktivitas. Akan tetapi, domain Dampak mempunyai skor kualitas hidup yang baik. Total skor kualitas hidup pada kelompok invasif tergolong rendah yaitu 12 (0-64,9), dan non-invasif (NIV, HFNC dan NRM) yaitu 14 (0,7-57,8). Selain itu, terdapat hubungan kualitas hidup pada kelompok yang menggunakan alat bantu napas non-invasif terhadap usia, pekerjaan, rentang waktu survivor, dan APACHE II.

.....In the era of the COVID-19 pandemic, intensive care has become crucial for patients with Acute Respiratory Distress Syndrome (ARDS) who require breathing assistance. After intensive treatment, it is important to evaluate the quality of life of COVID-19 survivors to determine the long-term impact on physical and mental health. This study aims to assess the quality of life and the characteristics that influence it in COVID-19 survivors with ARDS after using ventilatory support, both invasive and non-invasive, in the Intensive Care Unit (ICU). This research used a cross-sectional approach and was carried out in a multicenter manner with a total of 56 respondents who met the inclusion criteria from three national COVID-19 referral hospitals within the University of Indonesia's Academic Health System (AHS) network. The instrument used was The St. George Respiratory Questionnaire (SGRQ). In the results of this study, it was found that a low quality of life was related to the respiratory system in the Signs and Symptoms and Activity domains. However, the Impact domain has a good quality of life score. The total quality of life score in the invasive group was low, namely 12 (0-64.9), and non-invasive (NIV, HFNC and NRM) namely 14 (0.7-57.8). Apart from that, there was a relationship between the quality of life in the group using non-invasive ventilatory support on age, occupation, period of survivors, and APACHE II score.