

Hubungan Hipertensi dengan Lama Rawat Inap Pasien Terkonfirmasi COVID-19 di Rumah Sakit Universitas Indonesia, Depok (Data Maret-Oktober 2020) = Association of Hypertension and Length of Hospital Stay COVID-19 confirmed Patients in University of Indonesia Hospital, Depok (Data March-October 2020)

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Abstrak

COVID-19 menjadi pandemi di seluruh dunia sejak Maret 2020. Hipertensi merupakan penyakit penyerta yang banyak diderita oleh pasien COVID-19. Banyaknya kasus COVID-19 membuat daya tampung fasilitas kesehatan hampir tidak mencukupi untuk memberikan pelayanan medis rawat inap yang memadai pada pasien COVID-19. Perpanjangan lama rawat inap pasien COVID-19 berefek terhadap besaran biaya yang ditanggung pemerintah atau pasien sendiri. Penelitian bertujuan mengetahui hubungan antara hipertensi dengan lama rawat inap pasien terkonfirmasi COVID-19 di Rumah Sakit Universitas Indonesia (RSUI). Desain studi kohort retrospektif dilakukan pada 369 pasien terkonfirmasi COVID-19 yang dirawat inap di RSUI selama Maret sampai dengan Oktober 2020, menilai hubungan hipertensi dengan lama rawat inap pasien terkonfirmasi COVID-19 setelah di kontrol usia, jenis kelamin, komorbid, tingkat keparahan, status PCR saat pulang dan status pasien pada akhir rawat. Hasil penelitian didapatkan bahwa median lama rawat inap adalah 13 hari (range 3 – 74 hari). Pasien hipertensi dirawat inap 2 sd 3 hari lebih lama dibandingkan dengan pasien normotensi. Pada analisis bivariat, hipertensi berhubungan dengan lama rawat inap 14 hari (RR 1,343 95% CI 1,085-1,662 p=0,008). Pada analisis multivariat, hipertensi tidak terbukti memiliki hubungan dengan lama rawat inap 14 hari pada pasien terkonfirmasi COVID-19 (aRR 1,121, 95% CI 0,818-1,534, pvalue=0,476) setelah mempertimbangkan keparahan penyakit sedang dan berat.

.....COVID-19 became a worldwide pandemic since March 2020. Hypertension is the most prevalent comorbid amongst COVID-19 patients. The large number of COVID-19 cases has made the capacity of health facilities almost insufficient to provide adequate inpatient medical services for COVID-19 patients. Prolonged hospitalization impacted to increased costs borne by government or patients themselves. This study aims to determine the relationship between hypertension and length of stay of confirmed COVID-19 patients at the University of Indonesia Hospital (RSUI). A retrospektif cohort study design was conducted on 369 confirmed COVID-19 patients who were hospitalized at RSUI during March to October 2020, assessing the relationship between hypertension and the length of stay of patients with confirmed COVID-19 after being controlled for age, gender, severity, comorbidities, outpatient PCR status, patients status at discharged. The results showed that the median length of hospitalization was 13 days (range 3 – 74 days). Hypertensive patients are hospitalized for 2 to 3 days longer than normotensive patients. In bivariate analysis, hypertension shown to have association with length of hospital stay 14 days (RR 1,343 95% CI 1,085-1,662 p=0,008). In multivariate analysis, hypertension was not shown to have an association with length of stay 14 days in patients with confirmed COVID-19 (RR 1.121, 95% CI 0.846-1.703, p-value = 0.476) after being controlled for moderate and severe disease severity.