

INTISARI

ISMAIL, Z. 2019. PERBANDINGAN EQ-5D-5L DAN SF-6D SEBAGAI INSTRUMEN UNTUK MENGUKUR KUALITAS HIDUP POPULASI PASIEN OSTEOARTHRITIS DI RUMAH SAKIT UMUM DAERAH PANDAN ARANG BOYOLALI. TESIS. FAKULTAS FARMASI. UNIVERSITAS SETIA BUDI.

Osteoarthritis adalah penyakit sendi degeneratif, kronis, dan progresif. Manifestasi berupa nyeri, kekakuan, dan pembengkakan sendi yang menurunkan kualitas hidup. Kualitas hidup penting diukur karena sifat penyakitnya progresif sehingga membutuhkan intervensi yang tepat. Tujuan penelitian adalah mengetahui kualitas hidup pasien osteoarthritis di RSUD Pandan Arang Boyolali yang diukur menggunakan instrumen EQ-5D-5L dan SF-6D.

Penelitian ini deskriptif dengan rancangan penelitian *cross sectional*. Pengambilan data dengan membagikan kuesioner *European Quality of life-5 Dimension-5 levels* (EQ-5D-5L) dan *Short Form-6 Dimension* (SF-6D), kemudian dilakukan skoring. Kuesioner EQ-5D-5L terdapat 5 domain masing-masing 5 level yaitu kemampuan berjalan, perawatan diri, kegiatan yang bisa dilakukan, rasa nyeri dan rasa cemas. Kuesioner SF-6D terdapat 6 domain yaitu fungsi fisik, keterbatasan peran, fungsi sosial, rasa sakit, kesehatan mental dan vitalitas.

Hasil menunjukkan kualitas hidup dengan kuesioner EQ-5D-5L terdapat permasalahan utama pada rasa nyeri (100%), dan kemampuan berjalan (79,1%). Pada kuesioner SF-6D permasalahan utama rasa sakit (99%), fungsi fisik (71,9%), dan fungsi peran (57,3%). Nilai utilitas EQ-5D-5L sebesar 0,720 dan SF-6D sebesar 0,825 yang telah diuji reliabilitas dan validitas. Faktor yang berpengaruh terhadap kualitas hidup berdasarkan kuesioner EQ-5D-5L dan SF-6D yaitu usia, komorbid, dan letak osteoarthritis ($p < 0,05$).

Kata kunci: osteoarthritis, kualitas hidup, utilitas, EQ-5D-5L, SF-6D

ABSTRACT

ISMAIL, Z. 2019. COMPARISON OF EQ-5D-5L AND SF-6D AS INSTRUMENTS TO MEASURE THE QUALITY OF LIFE POPULATION OF OSTEOARTHRITIS PATIENTS IN PANDAN ARANG GENERAL HOSPITAL, BOYOLALI. THESIS. FACULTY OF PHARMACY. SETIA BUDI UNIVERSITY.

Osteoarthritis is degenerative, chronic, and progressive joint disease. Manifestations are pain, stiffness, and swelling of joints that decrease quality of life. Quality of life is important to be measured because of the progressive nature of the disease so requires proper intervention. The purpose of this study was to determine the quality of life of osteoarthritis patients in Pandan Arang General Hospital, Boyolali measured by EQ-5D-5L and SF-6D instruments.

The research was descriptive with cross sectional study design. Data collection by distributing *European Quality of life-5 Dimension-5 levels* (EQ-5D-5L) and *Short Form-6 Dimension* (SF-6D) questionnaires, then scored. The EQ-5D-5L questionnaire consists 5 domains each 5 levels, mobility, self-care, usual activity, pain/discomfort, and anxiety/depression. The SF-6D questionnaire consists 6 domains, physical function, limited role, social function, pain, mental health and vitality.

The results showed that quality of life with EQ-5D-5L questionnaire the main problems were pain/discomfort (100%), and mobility (79.1%). In SF-6D questionnaire the main problems were pain (99%), physical function (71.9%), and role function (57.3%). The utility value of EQ-5D-5L was 0.720 and SF-6D was 0.825 which has been tested for reliability and validity. Factors affecting the quality of life based on EQ-5D-5L and SF-6D questionnaires were age, comorbidity, and location of osteoarthritis ($p < 0.05$).

Keywords: osteoarthritis, quality of life, utility, EQ-5D-5L, SF-6D