

ABSTRAK

Latar belakang : *Osteoarthritis* merupakan suatu keadaan patologi yang mengenai kartilago hialin dari sendi, di mana terjadi pembentukan osteofit pada tulang rawan sendi dan jaringan subchondral yang menyebabkan penurunan elastisitas dari sendi. Prevalensi OA lutut radiologis di Indonesia cukup tinggi, yaitu mencapai 15.5% pada pria, dan 12.7% pada wanita. Obat analgetik antipiretik serta obat anti inflamasi nonsteroid (OAINS) dan juga kortikosteroid biasa digunakan untuk memodifikasi gejala pada OA.

Tujuan : Menganalisis perbandingan kualitas hidup pasien OA lutut yang mengonsumsi OAINS dan kortikosteroid di RSUP HAM.

Metode : Penelitian ini menggunakan jenis penelitian analitik observasional dengan desain *cross sectional*. Sampel penelitian ini berjumlah 52 responden menggunakan data rekam medis rumah sakit. Analisa data menggunakan uji *Chi Square*.

Hasil : Mayoritas pasien berumur >65 tahun sebanyak 25 orang (48%), perempuan 35 orang (68%), pendidikan SMA 18 orang (33%), tidak bekerja 20 orang (37%), *normoweight* 13 orang (25%). Kualitas hidup pasien OA lutut yang mengonsumsi OAINS paling banyak dalam kategori baik sebanyak 12 orang (23,0%). Kualitas hidup pasien OA lutut yang mengonsumsi kortikosteroid paling banyak dalam kategori baik sebanyak 10 orang (19,2%). Tidak terdapat perbedaan yang signifikan kualitas hidup antara pasien yang mengonsumsi OAINS dengan pasien yang mengonsumsi kortikosteroid ($p=0,674$, $p > 0,05$).

Kesimpulan : Kualitas hidup pasien OA yang menggunakan OAINS dan Kortikosteroid sama.

Kata Kunci : Kualitas hidup, OAINS, Kortikosteroid, *Osteoarthritis*

ABSTRACT

Background : *Osteoarthritis is a pathology that affects the hyaline cartilage of the joint, where osteophyte formation occurs in the joint cartilage and subchondral tissue which causes a decrease in the elasticity of the joint. The prevalence of radiologic knee OA in Indonesia is quite high, reaching 15.5% in men, and 12.7% in women. Antipyretic analgesic drugs and non-steroidal anti-inflammatory drugs (NSAIDs) as well as corticosteroids are commonly used to modify symptoms in OA.*

Objective: *To analyze the comparison of quality of life of knee OA patients taking NSAIDs and corticosteroids at HAM General Hospital.*

Methods : *This study used observational analytic research with a cross sectional design. The sample of this study amounted to 52 respondents using hospital medical record data. Data analysis using the Chi Square test.*

Results : *The majority of patients were aged >65 years as many as 25 people (48%), female 35 people (68%), high school education 18 people (33%), not working 20 people (37%), normoweight 13 people (25%). The quality of life of knee OA patients taking NSAIDs was mostly in the good category as many as 12 people (23.0%). The quality of life of knee OA patients taking corticosteroids was mostly in the good category as many as 10 people (19.2%). There was no significant difference in quality of life between patients taking NSAIDs and patients taking corticosteroids ($p=0.674$, $p>0.05$).*

Conclusion : *The quality of life of OA patients taking NSAIDs and Cortcosteroids was similar.*

Keyword : *Quality of life, NSAID, Corticosteroids, Osteoarthritis*