

KARAKTERISTIK KLINIS DAN FAKTOR RISIKO PASIEN DISPEPSIA RAWAT INAP DI RSUD TABANAN

Oleh

Putu Cahyani Paramita Yoga, NIM 1918011009

Jurusan Kedokteran

ABSTRAK

Dispepsia umumnya berkaitan dengan pola makan (diet) berupa pola makan yang tidak teratur. Pada tahun 2015, kasus dispepsia rawat inap di RSUD Provinsi Bali termasuk sebagai 7 dari 10 besar penyakit rawat inap. Penelitian bertujuan ini untuk mengetahui karakteristik klinis dan faktor risiko pasien dispepsia rawat inap. Penelitian dilaksanakan di RSUD Tabanan dengan menerapkan penelitian deskriptif kuantitatif *cross sectional*. Populasi dari penelitian ini adalah seluruh pasien dispepsia rawat inap di RSUD Tabanan pada bulan Agustus tahun 2022. Sampel diambil dengan teknik *purposive sampling* meliputi seluruh pasien dispepsia rawat inap di ruang Cempaka II dan III serta Dahlia Garing RSUD Tabanan pada bulan Agustus tahun 2022 sesuai kriteria inklusi dan eksklusi dengan besar sampel yaitu keseluruhan dari jumlah sampel yang didapat dalam kurun waktu penelitian. Data yang digunakan berupa data primer berdasarkan wawancara menggunakan kuesioner penelitian deskriptif dan data sekunder berdasarkan data rekam medis. Data dianalisis dengan analisis univariat untuk menggambarkan parameter dari variabel penelitian, meliputi distribusi dan persentase hasil penelitian. Hasil penelitian ini mendapatkan bahwa karakteristik klinis dispepsia meliputi mual (80,95%), muntah (61,90%), nyeri epigastrik (42,86%), *heartburn* (9,52%), disfagia (4,76%), dan tidak ditemukan adanya kembung. Faktor risiko yang ditemukan meliputi pola makan tidak teratur (57,14%), kopi (38,10%), makanan pedas (23,81%), penggunaan obat-obatan (NSAID/antibiotik/teofilin/digitalis) jangka panjang (14,29%), penurunan BB >10% tanpa penyebab yang jelas sebanyak (9,52%), makanan berlemak (9,52%), muntah persisten (4,76%), kebiasaan merokok (4,76%), makanan asam (4,76%), dan tidak ditemukan faktor risiko dengan kanker lambung, infeksi *H. pylori*, alkohol kronis, masalah psikologis ataupun soda. Dapat disimpulkan pasien dispepsia paling banyak memiliki karakteristik klinis mual dengan faktor risiko pola makan tidak teratur. Disarankan bagi penelitian selanjutnya dapat meneliti lebih lanjut mengenai hubungan antar variabel yang diteliti.

Kata-kata kunci : karakteristik klinis, faktor risiko, dispepsia

**CLINICAL CHARACTERISTICS AND RISK FACTORS
OF PATIENTS HOSPITALIZED WITH DYSPESIA
IN TABANAN GENERAL HOSPITAL**

By

Putu Cahyani Paramita Yoga, NIM 1918011009

Departement of Medicine

ABSTRACT

In general, dyspepsia is related to irregular diet. In 2015, hospitalized dyspepsia cases in Bali Provincial Hospital were included as 7 of the top 10 hospitalized diseases. This study aimed to determine the clinical characteristics and risk factors of hospitalized dyspepsia patients. The study was conducted at RSUD Tabanan by applying cross sectional quantitative descriptive research. The population of this study were all patients with inpatient dyspepsia at RSUD Tabanan in August of 2022. Samples were taken by purposive sampling technique including all patients with inpatient dyspepsia in the Cempaka II, Cempaka III, and Dahlia Garing rooms Tabanan Hospital in August 2022 according to the inclusions and exclusion criteria with sample size included entire number of samples obtained within the study period. The data used were primary data based on interviews using descriptive study questionnaires and secondary data based on medical record. Data were analyzed by univariate analysis to describe the parameters of the research variables, including the distribution and percentage of research results. The results of this study found that the clinical characteristics of dyspepsia included nausea (80.95%), vomiting (61.90%), epigastric pain (42.86%), heartburn (9.52%), dysphagia (4.76%), and no bloating. Risk factors found included irregular diet (57.14%), coffee (38.10%), spicy food (23.81%), long-term use of drugs (NSAIDs/antibiotics/theophylline/digitalis) (14.29%), >10% weight loss without clear cause as much as (9.52%), fatty food (9.52%), persistent vomiting (4.76%), smoking habit (4.76%), acidic food (4.76%), and no risk factors were found with gastric cancer, H. pylori infection, chronic alcohol, persistent vomiting (4.76%), and no risk factors were found with gastric cancer, H. pylori infection, drunker, psychological problems or soda. It can be concluded that most dyspepsia patients have clinical characteristics of nausea with risk factors for irregular eating patterns. It is recommended for further research to further examine the relationship between the variables studied.

Key words: clinical characteristic, risk factors, dyspepsia