

**PREVALENSI SINDROMA MATA KERING PADA PASIEN
PASCAOPERASI KATARAK NONTRAUMATIKA
DI RUMAH SAKIT UMUM PARAMA SIDHI**

Oleh

Ni Putu Radha Kharisma Mahaswari, NIM 2018011012

Program Studi Kedokteran

ABSTRAK

Kebutaan akibat katarak menyerang 81,2% atau setara dengan 1,3 juta penduduk Indonesia. Untuk itu, dilaksanakan tatalaksana operatif demi mencegah kebutaan. Namun, tatalaksana operatif dapat menginduksi peningkatan sensitivitas kornea dan menimbulkan gejala mata kering. Sindroma mata kering dapat mempengaruhi penglihatan dan kualitas hidup penderitanya karena gejala yang timbul sering membuat aktivitas sehari-hari terganggu. Pada tahun 2022 ditemukan data kasus operasi katarak sebanyak 489 pasien. Tingginya prevalensi operasi katarak di Rumah Sakit Umum Parama Sidhi serta belum tersedianya data prevalensi sindroma mata kering pascaoperasi katarak di Kabupaten Buleleng khususnya di Rumah Sakit Umum Parama Sidhi penting untuk diteliti sehingga penelitian ini bertujuan untuk menghasilkan data kejadian sindroma mata kering pada pasien pascaoperasi katarak di Rumah Sakit Umum Parama Sidhi. Penelitian ini dirancang sebagai penelitian deskriptif dengan pendekatan *cross sectional*. Sampel penelitian ini sebanyak 50 sampel dengan metode *consecutive sampling*. Untuk mengetahui prevalensi sindroma mata kering ini digunakan pengukuran menggunakan kuesioner *Ocular Surface Disease Index (OSDI)* dan tes Schirmer pada hari ke-7 pascaoperasi katarak. Analisis data dalam penelitian ini menggunakan teknik analisis univariat. Pada penelitian dari 50 responden, 19 (38%) responden terdiagnosis sindroma mata kering dengan berbagai tingkat keparahan.

Kata-kata kunci: sindroma mata kering, katarak, operasi katarak

**PREVALENCE OF DRY EYE SYNDROME IN POST-NONTRAUMATIC
CATARACT SURGERY PATIENTS AT PARAMA SIDHI
GENERAL HOSPITAL**

By

Ni Putu Radha Kharisma Mahaswari, NIM 2018011012

Departement of Medicine

ABSTRACT

Blindness due to cataracts affects 81.2% or the equivalent of 1.3 million Indonesians. For this reason, operative treatment is carried out to prevent blindness. However, operative treatment can induce increased corneal sensitivity and cause dry eye symptoms. Dry eye syndrome can affect sufferers' vision and quality of life because the symptoms that arise often disrupt daily activities. In 2022, data on cataract surgery cases was found for 489 patients. The high prevalence of cataract surgery at the Parama Sidhi General Hospital and the unavailability of data on the prevalence of dry eye syndrome after cataract surgery in Buleleng Regency, especially at the Parama Sidhi General Hospital, are important to study, so this research aims to produce data on the incidence of dry eye syndrome in patients after cataract surgery at home. Parama Sidhi General Illness. This research was designed as descriptive research with a cross sectional approach. The sample for this research was 50 samples using the consecutive sampling method. To determine the prevalence of dry eye syndrome, measurements were used using the Ocular Surface Disease Index (OSDI) questionnaire and the Schirmer test on the 7th day after cataract surgery. Data analysis in this study used univariate analysis techniques. In a study of 50 respondents, 19 (38%) respondents were diagnosed with dry eye syndrome with varying degrees of severity.

Keywords: dry eye syndrome, cataract, cataract surgery