

ABSTRACT

Background: According to research by the Global Initiative for Chronic Obstructive Lung Disease (GOLD, 2020), 3.23 million people died from Chronic Obstructive Pulmonary Disease (COPD) in 2019, making it the third leading cause of death worldwide. Based on the statistics from the RISKESDAS 2018 study, COPD is one of the four main non-communicable diseases contributing to 60% of deaths in Indonesia. As a standard exercise test to assess functional capacity in COPD, the American Thoracic Society (ATS) recommends the Six-Minute Walk Test (6MWT). The submaximal intensity (6MWT) has been proven to be objective, reliable, affordable, easy to manage, and convenient for COPD patients.

Objective: To determine the relationship between the severity of Chronic Obstructive Pulmonary Disease (COPD) based on the predicted FEV1% values and the distance covered in the Six-Minute Walk Test in COPD patients at the Simpang Kawat Health Center, Jambi City.

Methods: This research is an observational analytic study with a cross-sectional design using primary data through direct observation and measuring FEV1% values and the 6-minute walk test distance in patients diagnosed with Chronic Obstructive Pulmonary Disease. The study was conducted at the Simpang Kawat Health Center in Jambi City. A sample of 50 respondents was obtained using purposive sampling technique. The analysis used was the Spearman correlation test.

Results: The univariate analysis showed that the characteristics of the respondents were predominantly aged 40-59 years (60%), male (86%), and the severity of COPD was most commonly found to be moderate (56%). The average distance walked during the six-minute walk test was 456.27 ± 25.64 meters in the mild COPD group and 310.75 ± 75.88 meters in the moderate COPD group. The Spearman correlation test showed a significant relationship with $r = 0.814$ and a significance value of $p = 0.000$ ($p < 0.01$).

Conclusion: The severity of COPD at the Simpang Kawat Health Center in Jambi City was predominantly classified as moderate (GOLD 2), with an average distance walked during the six-minute walk test of 310.75 ± 75.88 meters. There is a significant relationship between FEV1% and the distance covered in the six-minute walk test (6MWT) in COPD patients.

Keywords: COPD, FEV1%, GOLD, Six-Minute Walk Test.

ABSTRAK

Latar belakang : Menurut penelitian oleh Global Initiative for Chronic Obstructive Lung Disease (GOLD, 2020), 3,23 juta orang meninggal karena PPOK pada tahun 2019, menjadikannya penyebab kematian paling umum ketiga di seluruh dunia. Berdasarkan statistik dari studi RISKESDAS 2018, PPOK adalah salah satu dari empat penyakit tidak menular primer yang menyumbang 60% kematian di Indonesia. Sebagai tes olahraga standar untuk menilai kapasitas fungsional pada PPOK, American Thoracic Society (ATS) merekomendasikan penggunaan berjalan kaki enam menit (6MWT). Intensitas submaksimum (6MWT) telah terbukti objektif, dapat diandalkan, terjangkau, mudah dikelola, dan nyaman bagi penderita PPOK.

Tujuan : Untuk mengetahui hubungan antara derajat keparahan Penyakit Paru Obstruktif Kronis berdasarkan nilai FEV1% dan jarak tempuh uji jalan 6 Menit pada pasien PPOK di Puskesmas Simpang Kawat Kota Jambi.

Metode : Penelitian ini adalah penelitian analitik observasional dengan desain cross sectional menggunakan data primer melalui observasi langsung dan mengukur nilai FEV1% dan jarak tempuh uji jalan 6 menit pada pasien yang telah terdiagnosis Penyakit Paru Obstruktif Kronis. Penelitian dilakukan di puskesmas simpang kawat kota jambi. Sample sebanyak 50 responden didapatkan dengan Teknik purposive sampling. Analisis yang digunakan adalah uji korelasi spearman.

Hasil : Hasil analisis univariat didapatkan Gambaran karakteristik responden didominasi oleh responden dengan usia 40-59 tahun sebanyak 60% responden, jenis kelamin laki-laki sebanyak 86% responden, Tingkat derajat keparahan PPOK dominan pada derajat sedang sebanyak 56% responden, jarak tempuh uji jalan 6 menit didapatkan rata-rata jarak tempuh pada kelompok derajat keparahan PPOK ringan adalah $456,27 \pm 25,64$ sedangkan pada kelompok derajat sedang adalah $310,75 \pm 75,88$. Hasil uji korelasi spearman terdapat hubungan sebesar $r = 0,814$ dengan nilai signifikansi $p = 0,000$ ($p < 0,01$).

Kesimpulan : Gambaran derajat keparahan PPOK di Puskesmas Simpang Kawat, Kota Jambi didapatkan hasil terbanyak pada derajat sedang (GOLD 2) dengan rata-rata jarak tempuh uji jalan 6 menit adalah $310,75 \pm 75,88$ meter. Terdapat hubungan yang bermakna antara nilai FEV1% dengan jarak tempuh pada uji jalan 6 menit pada pasien PPOK.

Kata kunci : PPOK, FEV1%, GOLD, Uji jalan 6 menit