

ABSTRAK

PREVALENSI DAN DESKRIPSI NYERI KEPALA PADA PENYINTAS COVID DI RS SILOAM LIPPO VILLAGE PERIODE JULI – AGUSTUS 2021

Pada Desember 2019 silam, penyakit menular pneumonia terjadi di Wuhan, China yang kini dikenal dengan sebutan Covid-19. Penyebaran virus ini sangat cepat. Prevalensi global pada bulan September 2021 mencapai 221 juta jiwa. Gejala yang ditimbulkan oleh virus ini sangat bervariasi dan dapat berlangsung selama 2-3 minggu. Jika gejala dirasakan lebih lama dari 2-3 minggu, maka disebut *Long Covid Syndrome*. Menurut beberapa studi gejala yang ditimbulkan mirip pada saat keadaan infeksi akut, salah satunya berupa nyeri kepala.

Penelitian ini bertujuan untuk mengetahui prevalensi serta deskripsi nyeri kepala pada penyintas covid di RS Siloam Lippo Village, mengingat masih terbatasnya studi yang dilakukan khususnya di Indonesia. Hipotesis penelitian ini adalah terdapat kejadian nyeri kepala pada sebagian penyintas covid.

Penelitian ini merupakan sebuah studi deskriptif kategorik tidak berpasangan dengan desain studi potong lintang. Penelitian dilakukan dengan wawancara medis secara langsung melalui telepon. Nyeri kepala di evaluasi menggunakan Teknik SOCRATES. Sampel yang diambil adalah penyintas Covid-19 di Rumah Sakit Siloam Lippo Village yang sudah terkonfirmasi hasil PCR negatif ataupun belum terkonfirmasi negatif tapi sudah lebih dari 2 minggu.

Ditemukan sebanyak 13 orang (18,3%) penyintas covid di RS Siloam Lippo Village mengalami nyeri kepala, dengan karakteristik nyeri: bilateral (92,3%), terasa seperti berat (46,5%), durasi \leq 30 menit (92,3%), dan derajat nyeri sedang (69,2%). Sebagian besar penyintas covid yang mengalami nyeri kepala memiliki derajat keparahan covid yang berat (84,6%)

Kata kunci: Nyeri Kepala, Covid-19, Penyintas Covid, SOCRATES

ABSTRACT

PREVALENCE AND DESCRIPTION OF HEADACHE IN COVID SURVIVORS AT SILOAM LIPPO VILLAGE HOSPITAL PERIOD JULY- AUGUST 2021

In December 2019, an infectious pneumonia disease occurred in Wuhan, China which is known as Covid – 19. The spread of this virus is very fast. Global prevalence in September 2021 reaches 221 million of people. Symptoms caused by this virus are very varied and appear for 2 – 3 weeks. If the symptoms are felt more than 2 – 3 weeks the condition is called long covid syndrome. According to several studies the symptoms are similar to those of an acute infection, one of which is headache.

This study is aimed to determine the prevalence and description of headache in Covid – 19 survivors at Siloam Lippo Village Hospital considering the limited number of studies conducted, especially in Indonesia. The hypothesize of this study is there's an incidence of headaches in some COVID-19 survivors.

This research is an unpaired categorical descriptive study with a cross-sectional design. The research was conducted by direct medical interview by telephone. The headache was evaluated using SOCRATES technique. The samples were Covid-19 survivors in Siloam Lippo Village Hospital who have been confirmed negative PCR test or have not been confirmed negative but have been more than 2 weeks.

It was found that as many as 13 people (18.3%) covid survivors at Siloam Lippo Village Hospital experienced headaches, with characteristic of pain: bilateral (92.3%), heavy (46.5%), duration \leq 30 minutes (92, 3%), and medium severity (69.2%). Most of the covid survivors who experienced headaches had a severe degree of covid severity (84.6%)

Keywords: Headache, Covid -19, Covid Survivors, SOCRATES