

HUBUNGAN TEKANAN DARAH DENGAN *OUTCOME* PADA PASIEN STROKE ISKEMIK BERDASARKAN STANDAR *NATIONAL INSTITUTE OF HEALTH STROKE SCALE* DI RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Hipertensi merupakan salah satu faktor risiko yang paling umum bagi kejadian stroke iskemik. Ketika stroke terjadi, tekanan darah meningkatkan karena berbagai faktor. Tekanan darah pasca serangan stroke iskemik juga dapat meningkat karena gangguan perfusi jaringan otak iskemik. Oleh karenanya, tekanan darah tinggi yang persisten pada pasien stroke iskemik dapat menjadi tanda bagi *outcome* klinis yang buruk.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara tekanan darah dengan *outcome* pada pasien stroke iskemik berdasarkan standar *national institute of health stroke scale* di RSUD Panembahan Senopati Bantul Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif korelasi dengan rancangan *cross sectional*. Penelitian melibatkan 32 responden yang diambil dengan teknik sampling konsekutif. Tabulasi silang hubungan antara tekanan darah dengan *outcome* pada pasien stroke iskemik berdasarkan standar *national institute of health stroke scale* dianalisis dengan uji korelasi *spearman rank*.

Hasil: Sebanyak 53,1% responden memiliki tekanan darah tinggi dan sebanyak 40,6% responden diketahui *outcome* yang buruk berdasarkan standar *national institute of health stroke scale*. Analisis *spearman rank* menunjukkan pada taraf signifikansi $p = 0,05$ diperoleh nilai $p = 0,000$ sehingga $p < 0,05$ dan nilai $r = 0,726$ diperoleh pada rentang 0,600 sampai 0,799.

Kesimpulan: Ditemukan adanya hubungan signifikan dengan tingkat keeratan kuat antara tekanan darah dengan *outcome* pada pasien stroke iskemik berdasarkan standar *National Institute of Health Stroke Scale* di RSUD Panembahan Senopati Bantul Yogyakarta.

Saran : RSUD Panembahan Senopati Bantul Yogyakarta disarankan untuk memonitor tekanan darah 72 jam pertama pasca admisi pada pasien stroke iskemik untuk mendeteksi adanya kemungkinan edema serebral, infark serebral dan transformasi dari daerah (lesi) iskemik.

Kata kunci : tekanan darah, stroke iskemik, *outcome*, NIHSS, prognosis, hipertensi

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ASSOCIATIONS OF BLOOD PRESSURE AND OUTCOME IN ISCHEMIC STROKE PATIENTS BASED ON NATIONAL INSTITUTE OF HEALTH STROKE SCALE AT PANEMBAHAN SENOPATI BANTUL HOSPITAL YOGYAKARTA

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ABSTRACT

Background: Hypertension is one of the most common risk factors for ischemic stroke. When stroke occurs, the blood pressure rises because of various factors. Blood pressure after acute ischemic stroke attack may also be elevated because of impaired cerebral perfusion of ischemic brain tissue. Therefore, high persistent blood pressure in most ischemic stroke patients is a sign of poor clinical outcomes.

Purpose: Aim of this research was to examine the association between blood pressure and outcome in ischemic stroke patients based on national institute of health stroke scale at Panembahan Senopati Bantul Hospital Yogyakarta.

Method: The study was descriptive correlation with cross sectional design. This study included 32 respondents taken by consecutive sampling technique. The cross sectional relationship between blood pressure and outcome in ischemic stroke patients based on national institute of health stroke scale was investigated using spearman rank test.

Result: Among the participants, 53,1% reported high blood pressure and 40,6% reported poor outcome based on national institute of health stroke scale. Spearman rank analysis showed that at $p = 0,05$, $p = 0,000$ values obtained, so $p < 0,05$ and $r = 0,726$ values obtained in the range of 0,600 to 0,799.

Conclusion: There was a significant association between blood pressure and outcome in ischemic stroke patients based on national institute of health stroke scale at Panembahan Senopati Bantul Hospital Yogyakarta.

Suggestion: Panembahan Senopati Bantul Hospital is suggested to monitor the first 72 hours blood pressure after admission of ischemic stroke patients to detect the possibility of cerebral edema, cerebral infarction and ischemic lesion transformation.

Keywords : blood pressure, ischemic stroke, outcome, NIHSS, prognosis, hypertension

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