

ABSTRAK

Latar Belakang : Hubungan asma dan rinosinusitis telah banyak dinyatakan dalam literatur. Asma merupakan gangguan inflamasi kronik pada saluran napas bawah. Terdapat hipotesis bahwa perluasan inflamasi mukosa hidung pada rinosinusitis kronik berhubungan dengan inflamasi mukosa bronkhial pada penyakit asma. Keterlibatan penyakit sinus paranasal berkontribusi memperberat tingkat kontrol asma. Penelitian ini bertujuan untuk mengetahui hubungan rinosinusitis kronik dengan tingkat kontrol asma.

Metode : Desain penelitian ini adalah *cross-sectional*. Subyek penelitian yakni penderita asma didapat dari instalasi rekam medik RSUP Dr. Kariadi. Diperoleh 89 pasien asma yang memenuhi kriteria inklusi untuk dilakukan wawancara mengenai status rinosinusitis kronik, rinitis alergi, kepatuhan berobat, dan tingkat kontrol asma menggunakan kuesioner. Analisis data diolah menggunakan program SPSS 15.0 *for windows*.

Hasil : Dari 89 pasien asma yang menjadi sampel penelitian, ditemukan 42 orang (52,8%) pasien asma dengan rinosinusitis kronik positif dan 47 orang (47,2%) negatif rinosinusitis kronik. Uji *Chi-square* antara rinosinusitis kronik dengan tingkat kontrol asma menunjukkan adanya hubungan signifikan nilai $p = 0,003$.

Kesimpulan : Rinosinusitis kronik berpengaruh terhadap rendahnya tingkat kontrol asma.

Kata Kunci : Rinosinusitis kronik, Tingkat kontrol asma,

ABSTRACT

Background : Relationship between asthma and rhinosinusitis has been widely stated in the literature. Asthma is a chronic inflammatory disorder of lower respiratory system. There is a hypothesis that expansion of inflammation in chronic rhinosinusitis associated with inflammation of bronchial mucous in asthma. Sinus paranasal involvement contribute in aggravating the level of asthma control. The aim of this study is to determine relationship between chronic rhinosinusitis and level of asthma control.

Method : The design of this study is cross-sectional. The subjects are patients with asthma who obtained from medical records installation on Dr. Kariadi hospital. There were 89 patients with asthma who fulfilled the inclusion criterias to be interviewed about chronic rhinosinusitis status, allergic rhinitis, treatment compliance, and level of asthma control using questionnaire. This study was analysed by SPSS 15,0 for windows.

Result : From 89 patients with asthma that were selected as samples, there were found 42 (52,8%) asthma patients with chronic rhinosinusitis positive and 47 (47,2%) asthma patients with chronic rhinosinusitis negative. The result of Chi-square test to correlate chronic rhinosinusitis and asthma control levels showed a significant relationship $p = 0,003$.

Conclusion : Chronic rhinosinusitis affects the low level of asthma control

Keywords : Chronic rhinosinusitis, Level of Asthma Control