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Quality Of Life Of Liver Patients In Indonesia With The Indonesia Family Life Survey

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Background : Liver disease is one of the most common diseases in Indonesia. This disease if left unchecked will cause a high risk and will bring death. This study analyzes the quality of life of patients with liver disease in Indonesia.

Methods : The study uses IFLS-5 (Indonesia Family Life Survey-5) data. Descriptive tabulations are used in this study. The number of respondents was 271 respondents with liver disease. The analysis carried out was the quality of life of liver patients in terms of Physical Functioning, Activities of Daily Living (ADL) and Instrumental Activities of Daily Living

Results : The results show that from a physical functioning perspective, out of 271 respondents, 11 had difficulty carrying a heavy load (like a pail of water) for 20 meters, 4 had difficulty sweeping the house floor yard, 32 had difficulty walk for 5 kilometers, 10 people had difficulty drawing a pail of water from a while, 6 people had difficulty bowing, squats, knees and 3 people with liver had difficulty standing up from sitting on the floor without help. If seen from the Activities of Daily Living (ADL), 4 sufferers find it difficult to dress without help, 4 sufferers find it difficult to eat (eating food by oneself when it is ready), 7 sufferers have to control urination or defecation. When viewed from the quality of life based on Instrumental Activities of Daily Living, 14 respondents found it difficult to prepare hot meals (preparing ingredients, cooking and serving food), and 3 sufferers had difficulty taking medicine (taking the right portion right on time).

Conclusions : So it can be seen that the quality of life for liver sufferers in Indonesia is quite good as can be seen from the negative impact which is only around 10%. From a physical point of view, the most influential indicator is difficulty walking 5 kilometers. When viewed from daily activities, the most influential indicator is difficulty controlling urination or defecation. As well as the Instrumental Activities of Daily Living, the biggest cause is the difficulty in preparing hot meals (preparing ingredients, cooking and serving food).

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