

Abstrak

Sepsis adalah sebuah penyakit infeksi berat yang bersamaan dengan didapatnya reaksi sistemik yang bisa berwujud hipotermia, hipertermia, takikardi, hiperventilasi, dan letargi. Beberapa penelitian menyatakan usia merupakan faktor resiko sepsis yang tersering. Tujuan riset ini ialah guna mengenali indikator bahaya sepsis dalam pasien lansia yang dikaitkan berdasarkan usia, jenis kelamin, diagnosa, lokasi infeksi, dan lama perawatan. Penelitian menggunakan 100 sampel pasien lansia berusia > 60 tahun didiagnosa sepsis. Teknik analisis deskriptif digunakan untuk menjelaskan ciri-ciri masing-masing variabel riset. Hasil dari riset menjelaskan kalau faktor resiko sepsis paling banyak pada pasien lansia berdasarkan usia adalah > 70 tahun sekitar 53 orang (53,0%), jenis kelamin perempuan sekitar 52 orang (52,0%), diagnosa endokrinologi sekitar 24 orang (23,5%), lokasi infeksi paru-paru sekitar 20 orang (19,6%), lama perawatan 3 sampai 7 hari sekitar 45 orang (45,0%). Berdasarkan hasil penelitian menunjukkan bahwa lansia merupakan usia yang rentan terhadap sepsis karena sistem imunitas dan fungsi organ akan semakin menurun dengan pertambahan usia. Penyakit endokrin, seperti diabetes melitus, dan infeksi pada paru menjadi faktor resiko terbesar terjadinya sepsis pada lansia.

Kata kunci: Lansia; Faktor Resiko; Sepsis.

Abstract

Sepsis is a severe infectious disease accompanied by the discovery of a systemic response that can include hypothermia, hyperthermia, tachycardia, hyperventilation, and fatigue. Some studies suggest age is the most common risk factor for sepsis. The goal of the study was to determine the risk factors for sepsis in elderly patients associated based on age, gender, diagnosis, location of the infection, and length of treatment. The study used 100 samples of elderly patients aged > 60 years diagnosed with sepsis. With descriptive analysis methods that aim to explain the characteristics of each study variable. The results of the study explained that the risk factors for sepsis most in elderly patients by age are > 70 years as many as 53 people (53.0%), female sex as many as 52 people (52.0%), endocrinological diagnoses as many as 24 people (23.5%), the location of lung infections as many as 20 people (19.6%), the length of treatment 3 to 7 days as many as 45 people (45%). Based on the results of the study showed that the elderly are an age that is susceptible to sepsis because the immune system and organ function will decrease with age. Endocrine diseases, such as diabetes mellitus, and infections of the lungs are the biggest risk factors for sepsis in the elderly.

Keywords: *Elderly; Risk Factors; Sepsis.*