

ABSTRACT

THE RELATIONSHIP BETWEEN STROKE SEVERITY AND THE INCIDENCE OF PNEUMONIA: A DOCUMENTATION STUDY AT A PRIVATE HOSPITAL IN SURABAYA

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Stroke is one of the leading causes of death and disability worldwide. One of the most common complications following a stroke is pneumonia, which can worsen the patient's prognosis. A study conducted at a private hospital in Surabaya revealed that stroke patients were more likely to develop pneumonia. This study aims to determine the relationship between stroke severity and pneumonia incidence in stroke patients at this hospital. The study employed a correlational design with a retrospective approach. The sample consisted of 70 stroke patients who met the inclusion criteria. Stroke severity was measured using the National Institutes of Health Stroke Scale (NIHSS), while pneumonia diagnosis was based on observation sheets. Data were analysed using the Spearman rank correlation test. The results showed that 22.9% of patients experienced a mild stroke, 31.4% a moderate stroke, 22.9% a severe stroke and 22.9% a very severe stroke. The incidence of stroke-associated pneumonia (SAP) was 30%, while non-SAP cases accounted for 70% of cases. Statistical analysis revealed a significant relationship between stroke severity and pneumonia incidence, with a p-value of 0.007. A correlation coefficient of 0.318 indicates a positive direction, meaning that the higher the stroke severity, the greater the pneumonia risk. The researcher recommends that the private hospital in Surabaya enhance their efforts to prevent SAP by conducting routine dysphagia screenings for stroke patients, providing continuous education for healthcare professionals on SAP management and regularly evaluating care protocols, in order to provide more comprehensive treatment and reduce the risk of complications.

Keywords: *Stroke, Stroke Severity, NIHSS, Pneumonia, Complications*

ABSTRAK

HUBUNGAN TINGKAT KEPARAHAN STROKE DENGAN ANGKA KEJADIAN PNEUMONIA: STUDI DOKUMENTASI DI RUMAH SAKIT SWASTA SURABAYA

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Stroke merupakan salah satu penyebab utama kecacatan dan kematian di dunia. Salah satu komplikasi tersering pasca stroke adalah pneumonia, yang dapat memperburuk prognosis pasien. Fenomena di RS Swasta Surabaya ditemukan kecenderungan pasien stroke terkena pneumonia. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat keparahan stroke dengan angka kejadian pneumonia pada pasien stroke di salah satu rumah sakit swasta di Surabaya. Penelitian ini menggunakan desain korelasional dengan pendekatan retrospektif. Sampel berjumlah 70 pasien stroke yang telah memenuhi kriteria. Tingkat keparahan stroke diukur menggunakan *National Institute Health Stroke Scale* (NIHSS), sedangkan pneumonia ditegakkan berdasarkan lembar observasi. Analisis data dilakukan dengan uji korelasi Spearman rank. Hasil penelitian menunjukkan bahwa 22,9% pasien mengalami stroke ringan, 31,4% sedang, 22,9% berat, dan 22,9% sangat berat. Kejadian *Stroke Associated Pneumonia* (SAP) 30% dan yang bukan SAP 70%. Hasil uji statistik menunjukkan adanya hubungan tingkat keparahan stroke dengan kejadian pneumonia dengan nilai $p = 0,007$, dengan nilai koefisien korelasi 0,318 menunjukkan arah positif dimana semakin tinggi tingkat keparahan stroke, maka risiko pneumonia juga semakin tinggi. Peneliti menyarankan kepada RS Swasta Surabaya untuk terus meningkatkan upaya pencegahan *Stroke Associated Pneumonia* (SAP) melalui penerapan skrining disfagia secara rutin pada pasien stroke, edukasi berkelanjutan bagi tenaga kesehatan mengenai penanganan SAP, serta evaluasi berkala terhadap protokol perawatan agar penanganan dapat lebih komprehensif dan risiko komplikasi dapat ditekan lebih lanjut.

Kata kunci: Stroke, Tingkat Keparahan, NIHSS, Pneumonia, Komplikasi