

**FAKTOR-FAKTOR YANG MEMPENGARUHI LAMA RAWAT INAP
PASIEN PENYAKIT JANTUNG KORONER (PJK) PASCA CORONARY
ARTERY BYPASS GRAFTING (CABG) DI RS BHAYANGKARA TK.I
PUSDOKKES POLRI**

Arwen Nashira Kadly

ABSTRAK

Latar Belakang : Penyakit jantung koroner (PJK) merupakan penyakit kardiovaskular yang ditandai oleh penumpukan plak aterosklerotik pada arteri koroner dan masih menjadi masalah kesehatan dengan prevalensi yang cukup tinggi di Indonesia, khususnya DKI Jakarta. *Coronary artery bypass grafting* (CABG) sebagai tatalaksana utama PJK merupakan prosedur invasif dan sering kali memerlukan lama rawat inap pascaoperasi yang panjang. Durasi perawatan tersebut dipengaruhi oleh berbagai faktor, meliputi karakteristik pasien, teknik CABG yang digunakan, durasi penggunaan ventilator, hingga munculnya komplikasi pascaoperasi. Penelitian ini bertujuan untuk mengidentifikasi faktor klinis dan demografi yang memengaruhi lama rawat inap pasien PJK pasca operasi CABG.

Metode : Penelitian kohort retrospektif ini melibatkan 95 pasien PJK yang menjalani CABG di RS Bhayangkara Tk.I PUSDOKKES Polri periode Januari 2024 – Oktober 2025. Data sekunder diperoleh dari rekam medis elektronik yang dianalisis secara univariat, bivariat, dan multivariat dengan regresi logistik metode *backward*.

Hasil : Sebanyak 31,6% pasien memerlukan masa perawatan >7 hari. Hasil analisis bivariat menunjukkan hubungan signifikan antara lama rawat inap > 7 hari dengan lama pakai ventilator ≥ 12 jam ($p = 0,010$), syok ($p = 0,020$), pneumonia ($p = 0,045$), efusi pleura ($p = 0,028$), dan acute kidney injury atau AKI ($p = 0,018$). Analisis multivariat mengidentifikasi tiga faktor yang paling dominan mempengaruhi lama rawat inap >7 hari, yaitu lama pakai ventilator ≥ 12 jam (OR 3,662; 95% CI 1,272-10,542), komplikasi syok (OR 3,158; 95% CI 1,148-8,686), dan efusi pleura (OR 5,169; 95% CI 1,088-24,559).

Kesimpulan : Lama penggunaan ventilator ≥ 12 jam, serta munculnya komplikasi pascaoperasi berupa syok dan efusi pleura merupakan faktor utama yang meningkatkan lama rawat inap pasien PJK pasca CABG.

Kata Kunci : PJK, CABG, Lama Rawat Inap, Ventilator, Syok, Efusi Pleura

**FACTORS AFFECTING POSTOPERATIVE LENGTH OF STAY IN
CORONARY ARTERY DISEASE (CAD) PATIENTS FOLLOWING
CORONARY ARTERY BYPASS GRAFTING (CABG) AT RS
BHAYANGKARA TK.I PUSDOKKES POLRI**

Arwen Nashira Kadly

ABSTRACT

Background : Coronary artery disease (CAD) is a cardiovascular condition characterized by the accumulation of atherosclerotic plaques in the coronary arteries and remains a significant health problem with high prevalence in Indonesia. Coronary artery bypass grafting (CABG), as the primary treatment for CAD, is an invasive procedure that often requires a prolonged postoperative length of stay. This duration is influenced by various factors, including patient characteristics, the CABG technique used, the duration of mechanical ventilation, and the occurrence of postoperative complications. This research focuses on identifying the specific clinical and demographic factors that contribute to extended postoperative hospital stays for patients with CAD who have undergone CABG surgery.

Methods : This retrospective cohort study involved 95 CAD patients who underwent CABG at RS Bhayangkara Tk.I Puskokkes Polri between January 2024 and October 2025. Secondary data were obtained from electronic medical records and analyzed using univariate, bivariate, and multivariate analyses with backward logistic regression.

Results : A total of 31,6% of patients required a length of stay of >7 days. Bivariate analysis showed a significant relationship between postoperative length of stay >7 days and mechanical ventilation duration ≥ 12 hours ($p=0,010$), shock ($p=0,20$), pneumonia ($p=0,045$), pleural effusion ($p=0,028$), and acute kidney injury ($p=0,018$). Multivariate analysis identified three dominant factors affecting postoperative length of stay >7 days; mechanical ventilation duration ≥ 12 hours (OR 3,662; 95% CI 1,272-10,542), postoperative shock (OR 3,158; 95% CI 1,148-8,686), and pleural effusion (OR 5,169; 95% CI 1,088-24,559).

Conclusion : Mechanical ventilation duration of ≥ 12 hours, along with occurrence of postoperative complications such as shock and pleural effusion, are the predominant factors significantly increasing the postoperative length of stay in CAD patients following CABG.

Keywords: CAD, CABG, Postoperative Length of Stay, Mechanical Ventilation, Pleural Effusion, Shock