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**Lampiran 1. Arrhythmia-Specific Questionnaire in Tachycardia and
Arrhythmias (versi bahasa Indonesia)**

KUISIONER ASTA

*(Arrhythmia-Specific Questionnaire in Tachycardia and Arrhythmia)**

Identitas

Nama :
No RM :
No HP :
Tanggal pengisian :

Terima kasih atas kesediaan Anda menjawab pertanyaan di bawah ini. Kuisisioner ini bertujuan untuk memetakan simptom/gejala dari masalah irama jantung Anda dan efeknya terhadap kualitas kehidupan dan kesehatan Anda.

ASTA bagian I

1. Kapan terakhir kali Anda merasakan gejala gangguan irama jantung?
 - Terus menerus
 - Hitung timbul setiap hari
 - Kurang dari 1 minggu yang lalu
 - Kurang dari 1 bulan yang lalu
 - 1 – 3 bulan yang lalu
 - 3 – 6 bulan yang lalu
 - 6 – 12 bulan yang lalu
 - Lebih dari 1 tahun yang lalu

2. Apakah Anda saat ini dalam pengobatan terhadap gangguan irama jantung?
 - Tidak

- Iya, sebutkan obat apa yang dikonsumsi

ASTA Bagian II – Simptom spesifik aritmia

1. Berapa lama biasanya gangguan irama jantung Anda rasakan?
 - Kurang dari 1 jam
 - 1 – 7 jam
 - 7 – 24 jam
 - 24 jam – 2 hari
 - 2 – 7 hari
 - Lebih dari 7 hari

2. Berapa waktu paling lama gangguan irama jantung yang Anda rasakan?
 - Kurang dari 1 jam
 - 1 – 7 jam
 - 7 – 24 jam
 - 24 jam – 2 hari
 - 2 – 7 hari
 - Lebih dari 7 hari

3. Berapa kali Anda merasakan gagguan irama jantung dalam 3 bulan terakhir?
 - Tidak pernah
 - Kurang dari 5 kali
 - 5 – 15 kali
 - 16 – 30 kali
 - Lebih dari 30 kali (namun tidak setiap hari)
 - Hilang timbul setiap hari
 - Terus menerus

4. Apakah Anda merasakan gejala berikut yang berkaitan dengan gangguan irama jantung?
(*dapat dipilih lebih dari satu*)
 - Detak jantung cepat
 - Detak jantung teratur
 - Detak jantung tidak teratur
 - Detak jantung terasa lebih keras
 - Sensasi detak jantung hilang beberapa kali
 - Gangguan irama jantung yang timbul kurang dari 1 menit
 - Tidak merasakan gejala apapun

5. Apakah gangguan irama jantung Anda timbul pada waktu-waktu tertentu?
 - Tidak
 - Iya, sebutkan kapan saja waktunya

6. Apakah Anda merasakan keluhan berikut yang berkaitan dengan gangguan irama jantung?

a. Sesak nafas saat beraktifitas

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang
- Tidak

b. Sesak nafas saat istirahat

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang
- Tidak

c. Pusing

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang
- Tidak

d. Keringat dingin

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang
- Tidak

e. Lemas

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang
- Tidak

f. Cepat lelah

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang
- Tidak

g. Nyeri dada

- Ya, sering
- Ya, beberapa kali
- Ya, kadang-kadang

- Tidak
 - h. Rasa tidak nyaman/tertekan di dada
 - Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
 - i. Cemas
 - Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
7. Apakah Anda pernah merasakan hampir pingsan terkait dengan gangguan irama jantung?
- Tidak
 - Iya
8. Apakah Anda mengalami pingsan terkait dengan gangguan irama jantung?
- Tidak
 - Iya

ASTA Bagian III – Kualitas Kehidupan yang Berhubungan dengan Kesehatan

1. Apakah Anda merasa terganggu dalam melakukan pekerjaan atau kegiatan sehari-hari akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
2. Apakah Anda jarang menghabiskan waktu dengan keluarga akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
3. Apakah Anda jarang bertemu dengan orang-orang di lingkungan sekitar akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak

4. Apakah Anda terganggu dalam melakukan kegiatan bepergian akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
5. Apakah Anda merasakan penurunan tenaga fisik akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
6. Apakah Anda merasakan penurunan kemampuan berkonsentrasi akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
7. Apakah Anda merasa kurang bersemangat atau sedih akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
8. Apakah Anda merasa marah akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
9. Apakah Anda mengalami gangguan tidur akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
10. Apakah Anda mengalami gangguan kemampuan seksual akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak

11. Apakah Anda merasakan perasaan ketakutan akan kematian akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
12. Apakah Anda merasakan gangguan suasana kehidupan akibat gangguan irama jantung?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak
13. Apakah Anda merasa cemas gejala akibat gangguan irama jantung yang Anda rasakan akan timbul kembali?
- Ya, sering
 - Ya, beberapa kali
 - Ya, kadang-kadang
 - Tidak

*diterjemahkan dari Ulla W, et al. Development and validation of an arrhythmia-specific scale in tachycardia and arrhythmia with focus on health-related quality of life. J Cardiovasc Nurs 2015;30:98-108.

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Lampiran 2. Tabulasi Data Subyek Penelitian

Karakteristik Dasar

No.	Jenis kelamin	Umur (tahun)	Berat Badan (kg)	Tinggi Badan (cm)	IMT (kg/cm ²)	Faktor Resiko	EF (%)	LVEDD (mm)	PVC Burden (%)	Residual PVC 6 Bulan Pasca Ablasi (dalam 10 dtk EKG)	Lokasi PVC	Obat Anti Aritmia Pasca Ablasi
1	Perempuan	41	60	160	29.50	n/a	64.0	48	9.6	n/a	RVOT Anteroseptal	Beta Bloker (tidak teratur)
2	Perempuan	19	61	160	23.83	None	76.0	45	8.7	1	RVOT Anteroseptal	Beta Bloker (tidak teratur)
3	Perempuan	30	53	155	22.06	None	68.0	46	7.9	0	RVOT Posteroseptal	Beta Bloker (tidak teratur)
4	Laki-laki	46	63	165	23.14	None	63.0	41	6.3	1	LVOT Anteroseptal	Beta Bloker (tidak teratur)
5	Perempuan	46	56	153	23.92	Hipertensi	61.5	43	9.2	0	RVOT Anteroseptal	Beta Bloker (tidak teratur)
6	Laki-laki	50	67	162	25.53	Hipertensi	61.0	36	4.3	0	RVOT Anteroseptal	Beta Bloker (tidak teratur)
7	Laki-laki	19	60	173	28.64	None	65.0	42	6.9	0	RVOT Anteroseptal	Beta Bloker (tidak teratur)
8	Perempuan	31	60	156	25.56	None	61.9	40	10.0	1	RVOT Posteroseptal	Beta Bloker (tidak teratur)
9	Perempuan	37	70	167	25.10	None	65.0	49	8.8	1	RVOT Anteroseptal	Beta Bloker (tidak teratur)
10	Perempuan	22	50	168	17.72	None	63.5	40	7.8	n/a	RVOT Posteroseptal	Beta Bloker (tidak teratur)
11	Laki-laki	74	62	164	22.31	Hipertensi	58.0	42	5.5	n/a	LVOT Anteroseptal	Beta Bloker (tidak teratur)
12	Perempuan	50	47	149	21.17	Hipertensi	60.1	40	4.9	n/a	RVOT Anteroseptal	n/a
13	Laki-laki	45	72	169	25.26	None	69.0	48	9.5	n/a	RVOT Anteroseptal	Beta Bloker (tidak teratur)

14	Laki-laki	57	80	165	29.38	CAD	29.0	67	9.8	0	RVOT Anteroseptal	Beta Bloker
15	Perempuan	45	70	160	27.34	Hipertensi	65.0	48	4.7	0	RVOT Anterolateral	Beta Bloker (tidak teratur)
16	Perempuan	55	56	167	20.68	Hipertensi	69.0	43	7.7	n/a	RVOT Anteroseptal	Beta Bloker (tidak teratur)
17	Laki-laki	52	68	149	30.60	Hipertensi	64.5	39	8.4	n/a	RVOT Anteroseptal	n/a
18	Perempuan	36	60	150	26.60	CAD	54.0	44	7.6	2	RVOT Posterior	Beta Bloker
19	Laki-laki	50	60	163	22.58	None	59.6	40	6.7	0	RVOT Posteroseptal	Beta Bloker (tidak teratur)
20	Perempuan	27	43	155	17.80	None	65.0	46	7.8	1	RVOT Anteroseptal	Beta Bloker (tidak teratur)
21	Laki-laki	49	84	165	30.85	None	61.0	40	7.9	0	RVOT Anteroseptal	Beta Bloker (tidak teratur)
22	Laki-laki	27	65	172	22.03	None	69.0	46	6.9	n/a	RVOT Posteroseptal	Beta Bloker (tidak teratur)
23	Perempuan	17	44	154	18.55	None	63.0	39	8.2	0	RVOT Posteroseptal	Beta Bloker (tidak teratur)
24	Perempuan	53	55	156	22.60	None	67.0	44	7.9	0	RVOT Posteroseptal	Beta Bloker (tidak teratur)
25	Laki-laki	37	72	168	25.50	None	73.0	42	7.6	0	RVOT Posteroseptal	Beta Bloker
26	Perempuan	39	61	159	24.90	Hipertensi	62.4	44	8.6	0	RVOT Anteroseptal	Beta Bloker (tidak teratur)
27	Perempuan	40	65	150	28.89	Hipertensi	67.0	44	9.7	1	RVOT Posteroseptal	Beta Bloker
28	Laki-laki	69	80	165	29.30	Hipertensi	57.4	40	8.1	n/a	RVOT Posteroseptal	Beta Bloker (tidak teratur)
29	Perempuan	55	55	162	20.96	Hipertensi	63.0	41	9.5	0	HIS	Beta Bloker
30	Perempuan	62	56	165	20.20	Hipertensi	62.0	43	10.0	1	RVOT Posteroseptal	Beta Bloker (tidak teratur)
31	Perempuan	55	58	160	22.60	Diabetes Mellitus Tipe 2	60.0	47	10.0	0	RVOT Posteroseptal	Beta Bloker (tidak teratur)

Skor ASTA Sebelum dan 6 bulan Pasca Ablasi

No Subyek	ASTA Symptom Burden Scale Sebelum Ablasi	ASTA Near Syncope Scale Sebelum Ablasi	ASTA Syncope Scale Sebelum Ablasi	ASTA HRQOL Physical Scale Sebelum Ablasi	ASTA HRQOL Mental Scale Sebelum Ablasi	ASTA HRQOL Total Scale Sebelum Ablasi	ASTA Symptom Burden Scale 6 Bln Pasca Ablasi	ASTA Near Syncope Scale 6 Bln Pasca Ablasi	ASTA Syncope Scale 6 Bln Pasca Ablasi	ASTA HRQOL Physical Scale 6 Bln Pasca Ablasi	ASTA HRQOL Mental Scale 6 Bln Pasca Ablasi	ASTA HRQOL Total Scale 6 Bln Pasca Ablasi
1	21.4	0,0	0,0	22.7	15.7	20.0	4,0	0,0	0,0	0,0	0,0	0,0
2	64.2	0,0	0,0	54.5	52.6	55.0	14,0	0,0	0,0	9.1	15.7	7.5
3	28.5	0,0	0,0	27.2	21.1	25.0	0,0	0,0	0,0	0,0	0,0	0,0
4	28.5	0,0	0,0	4.5	15.7	10.0	4,0	0,0	0,0	0,0	5.2	2.5
5	75.0	0,0	0,0	86.3	84.2	87.5	0,0	0,0	0,0	0,0	5.2	2.5
6	64.2	0,0	0,0	54.5	57.8	57.5	0,0	0,0	0,0	0,0	0,0	0,0
7	32.1	0,0	0,0	18.1	21.1	20.0	4,0	0,0	0,0	0,0	5.2	2.5
8	42.8	0,0	0,0	27.2	36.8	32.5	11,0	0,0	0,0	9.1	15.7	12.5
9	28.5	0,0	0,0	9.1	31.5	20.0	4,0	0,0	0,0	9.1	10.5	5.0
10	35.7	0,0	0,0	27.2	21.1	25.0	0,0	0,0	0,0	0,0	0,0	0,0
11	28.5	0,0	0,0	18.1	21.1	20.0	0,0	0,0	0,0	0,0	0,0	0,0
12	32.1	0,0	0,0	22.7	21.1	22.5	0,0	0,0	0,0	0,0	0,0	0,0
13	28.4	0,0	0,0	22.7	15.7	20.0	0,0	0,0	0,0	0,0	0,0	0,0
14	28.5	0,0	0,0	22.7	21.1	22.5	0,0	0,0	0,0	0,0	0,0	0,0
15	32.1	0,0	0,0	9.1	26.3	17.5	11,0	0,0	0,0	0,0	9.1	5.0

16	35.7	0,0	0,0	27.2	21.1	25.0	0,0	0,0	0,0	0,0	0,0	0,0
17	35.1	0,0	0,0	22.7	15.7	20.0	4,0	0,0	0,0	0,0	0,0	0,0
18	75.0	75.0	0,0	68.1	89.4	80.0	46,0	0,0	0,0	31.8	31.5	32.5
19	35.1	0,0	0,0	22.7	21.1	22.5	4,0	0,0	0,0	0,0	0,0	0,0
20	35.7	0,0	0,0	27.2	26.3	27.5	4,0	0,0	0,0	0,0	5.2	2.5
21	35.7	0,0	0,0	27.2	21.1	25.0	7,0	0,0	0,0	0,0	5.2	2.5
22	17.8	0,0	0,0	22.7	21.1	22.5	0,0	0,0	0,0	0,0	0,0	0,0
23	35.7	0,0	0,0	27.2	26.3	27.5	4,0	0,0	0,0	0,0	5.2	2.5
24	67.8	0,0	0,0	45.5	68.4	57.5	0,0	0,0	0,0	0,0	0,0	0,0
25	28.5	0,0	0,0	22.7	21.1	22.5	4,0	0,0	0,0	0,0	0,0	0,0
26	35.1	0,0	0,0	22.7	15.7	20.0	4,0	0,0	0,0	0,0	5.2	2.5
27	50.0	75.0	0,0	40.9	68.4	55.0	4,0	0,0	0,0	0,0	15.7	7.5
28	39.2	0,0	0,0	27.2	26.3	27.5	4,0	0,0	0,0	0,0	5.2	2.5
29	42.8	75.0	85.7	59.0	63.1	62.5	0,0	0,0	0,0	0,0	0,0	0,0
30	28.4	0,0	0,0	22.7	21.1	22.5	4,0	0,0	0,0	0,0	0,0	0,0
31	35.7	0,0	0,0	27.2	15.7	22.5	4,0	0,0	0,0	0,0	0,0	0,0