

ABSTRAK

Low back pain (LBP) telah menjadi penyebab disabilitas secara global dan menjadi penyakit paling banyak diderita oleh pasien, khususnya di RSUD Cut Meutia Aceh Utara. Tingkat disabilitas akibat LBP dapat memengaruhi fungsionalitas kehidupan sehari-hari. Tujuan penelitian ini adalah untuk mengetahui gambaran tingkat disabilitas pasien LBP berdasarkan *Oswestry Disability Index* (ODI). Penelitian ini merupakan jenis penelitian deskriptif dengan metode pengambilan *cross-sectional* dengan jumlah sampel 98 pasien LBP rawat jalan di poliklinik saraf RSUD Cut Meutia melalui kuesioner ODI dan konfirmasi dari data rekam medik pasien. Data dianalisis dengan teknik analisis univariat. Hasil penelitian ditemukan mayoritas pasien LBP adalah kelompok usia pra-lansia (49%), perempuan (79,6%), bobot beban kerja ringan/*light work* (45,9%), status gizi normal (31,6%), lama menderita LBP di fase akut (57,1%), jenis terapi berupa oral (89,8%), lama terapi, yaitu singkat <1 bulan (50%), nyeri berat (45,9%), dan tingkat disabilitas adalah *severe disability* (49%). Kesimpulan dari penelitian ini adalah mayoritas pasien LBP rawat jalan mengalami gangguan fungsionalitas akibat LBP sehingga diperlukan penatalaksanaan yang lebih komprehensif.

Kata kunci : *LBP, pasien rawat jalan, disabilitas, Oswestry Disability Index, nyeri*

ABSTRACT

Low back pain (LBP) has become a global cause of disability and the most common disease suffered by patients, especially at Cut Meutia General Hospital in North Aceh. The level of disability caused by LBP can affect daily life functionality. The purpose of this study was to determine the level of disability in LBP patients based on the Oswestry Disability Index (ODI). This study is a descriptive study using a cross-sectional method with a sample size of 98 LBP outpatients at the Cut Meutia General Hospital neurology clinic through the ODI questionnaire and confirmation from patient medical records. The data were analyzed using univariate analysis techniques. The results showed that the majority of LBP patients were pre-elderly (49%), female (79.6%), had light work (45.9%), normal nutritional status (31.6%), had suffered from acute LBP for a long time (57.1%), received oral therapy (89.8%), short duration of therapy <1 month (50%), severe pain (45.9%), and a disability level of severe disability (49%). The conclusion of this study is that the majority of outpatients with LBP experience functional impairment due to LBP, thus requiring more comprehensive management.

Keywords : *LBP, outpatients, disability, Oswestry Disability Index, pain*