

FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN

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"HUBUNGAN KADAR ALBUMIN SERUM TERHADAP LAMA PERAWATAN DI ICU PADA PASIEN LANSIA DENGAN PNEUMONIA DI RS PELAMONIA"

ABSTRAK

Latar Belakang: Pneumonia merupakan salah satu penyebab utama morbiditas dan mortalitas pada pasien lansia, terutama yang memerlukan perawatan di *Intensive Care Unit* (ICU). Lansia dengan pneumonia rentan mengalami hipoalbuminemia yang dapat memengaruhi kondisi klinis dan lama perawatan. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan kadar albumin serum dengan lama perawatan di ICU pada pasien lansia dengan pneumonia di RS Pelamonia. **Metode:** Penelitian ini merupakan penelitian analitik observasional dengan rancangan cross-sectional menggunakan data rekam medis pasien lansia (≥ 60 tahun) periode 2020–2025 dengan teknik total sampling, diperoleh 36 sampel. Variabel yang diteliti adalah kadar albumin serum dan lama perawatan di ICU. Analisis data menggunakan uji korelasi Spearman Rank. **Hasil:** Rata-rata kadar albumin serum adalah $3,13 \pm 0,39$ g/dL dan lama perawatan di ICU $4,58 \pm 1,81$ hari. Sebanyak 80,6% pasien memiliki kadar albumin rendah. Uji korelasi menunjukkan hubungan negatif yang bermakna antara kadar albumin serum dan lama perawatan di ICU ($r = -0,417$; $p = 0,011$). **Kesimpulan:** Terdapat hubungan signifikan antara kadar albumin serum dan lama perawatan di ICU pada pasien lansia dengan pneumonia, dimana kadar albumin yang lebih rendah berhubungan dengan lama perawatan yang lebih panjang.

Kata kunci: albumin serum, lama perawatan ICU, lansia, pneumonia

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"ASSOCIATION BETWEEN SERUM ALBUMIN LEVELS AND LENGTH OF ICU STAY IN ELDERLY PATIENTS WITH PNEUMONIA AT PELAMONIA HOSPITAL"

ABSTRACT

Background: Pneumonia is one of the leading causes of morbidity and mortality in elderly patients, especially those requiring treatment in the Intensive Care Unit (ICU). Elderly patients with pneumonia are prone to hypoalbuminemia, which may affect clinical outcomes and prolong ICU stay. **Objective:** This study aimed to determine the relationship between serum albumin levels and length of stay in the ICU among elderly patients with pneumonia at Pelamonia Hospital. **Methods:** This was an observational analytic study with a cross-sectional design using medical record data of elderly patients (≥ 60 years) with pneumonia admitted to the ICU from 2020 to 2025. Total sampling technique was used, and 36 patients met the inclusion criteria. The independent variable was serum albumin level, and the dependent variable was length of ICU stay. Data were analyzed using Spearman Rank correlation test. **Results:** The mean serum albumin level was 3.13 ± 0.39 g/dL, and the mean ICU length of stay was 4.58 ± 1.81 days. Most patients had low albumin levels (80.6%). Spearman correlation test showed a significant negative correlation between serum albumin levels and length of ICU stay ($r = -0.417$; $p = 0.011$). **Conclusion:** There was a significant relationship between serum albumin levels and length of ICU stay in elderly patients with pneumonia. Lower serum albumin levels were associated with longer ICU stay.

Keywords: serum albumin, ICU length of stay, elderly, pneumonia