

Korelasi antara kadar vitamin E plasma dengan jumlah limfosit CD4 penderita HIV/AIDS di RSPUN Dr Cipto Mangunkusumo

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Abstrak

Tujuan : Mengetahui korelasi antara kadar vitamin E dengan jumlah limfosit CD4 penderita HIV/ AIDS

Tempat : Klinik Kelompok Studi Khusus AIDS Fakultas Kedokteran Universitas Indonesia/ RSUPN Dr. Cipto Mangunkusumo, Jakarta.

Metodologi : Penelitian potong lintang pada 52 penderita HIV/ AIDS , berusia 20-40 tahun. Data yang diambil meliputi data demografi, infeksi oportunistik, asupan energi asupan lemak dengan metode food recall 1x24 jam, asupan vitamin E dengan food frequency questionnaire (F Q) semikuantitatif, kadar vitamin E plasma dan hitung limfosit CD4. Analisis bivariat dilakukan dengan menggunakan uji korelasi Pearson.

Hasil : Subyek terdiri dari 44 orang laki-laki dan 8 orang perempuan, median usia 26 tahun, 75% berpendidikan sedang, 63,5% berpenghasilan di bawah UMP, 59,6% tidak merokok, 80,77% golongan IDU, 82,7% AIDS, 80,8% dengan IO. Rerata IMT 19,53 kg/m² dan 53,8% termasuk normal , rerata asupan energi $1574,1 \pm 198,48$ kkal, rerata asupan lemak $31,17 \pm 7,26\%$, median asupan vitamin E $10,00 \pm 1,82$ mg/ hari, dan 84,6% memiliki asupan vitamin E kurang. Nilai median kadar vitamin E plasma $22,59$ ($11,08-70,24$) $\mu\text{mol/L}$ dan 90,4% subyek memiliki kadar vitamin E normal. Didapatkan korelasi positif bermakna antara asupan lemak dengan kadar vitamin E plasma($r=0.307$, $p=0.027^*$) dan antara asupan vitamin E dengan jumlah CD4 ($r=0.363$, $p=0.008^*$). Tidak ada korelasi antara IMT dengan limfosit CD4 ($r=0.210$, $p=0.135$), asupan vitamin E dengan kadar vitamin E plasma ($r=0.222$, $p=0.114$), kadar vitamin E plasma dengan jumlah limfosit CD4($r=0.028$, $p=0.843$).

Kesimpulan : Tidak terdapat korelasi antara kadar vitamin E plasma dengan jumlah CD4 penderita HIV/ AIDS.

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<i>Objective : To investigate the correlation between plasma vitamin E concentration and the number of CD4 lymphocytes count in HIV/ AIDS patients

Method : This was a cross-sectional study involving 52 HIV/AIDS patients, aged 20-40 years in University of Indonesia AIDS Working Group (POKDIKSUS) Clinic at Dr Ciptomangunkusumo General Hospital Jakarta. Data were collected including demographic characteristic, energy and fat intake by the 24-hour dietary recall method, vitamin E intake using FFQ semi quantitative method, vitamin E plasma concentration and CD4 lymphocytes count. Statistical analysis was carried out using Pearson's correlation test to investigate the correlation between vitamin E plasma concentration and the number of CD4 lymphocytes count in HIV/AIDS patients.

Result : The subjects were comprised 44 men and 8 women with median of age 26 years. 75% of the subjects were in middle education level; 63.5% were earned under Jakarta's minimum wages; 59.6% were non-smoker; 80.77% were IDU; 82.7% were infected by AIDS; and 80.8% with opportunistic infection. The BMI mean was 19.53kg/m² of which 51.8% were normal. The mean of daily energy intake was 1574.11 ± 198.48 kcal, the mean of fat intake was 31.17 ± 7.27%, the median of vitamin E intake 10.00 (7.67- 15.38) mg/d and 84.6% had a low vitamin E intake. The median value of vitamin E plasma level was 22.59 (11.08- 70.24) µmol/L and 90.4% of subjects had normal vitamin E plasma concentration. There was a significant correlation of fat intake with vitamin E plasma concentration ($r=0.307$, $p=0.427^*$), also of vitamin E intake with CD4 lymphocytes count ($r=0.363$, $p=0.008^*$). But, there was no correlation of BMI with CD4 lymphocytes count ($r=0.210$, $p=0.135$), of vitamin E intake with vitamin E plasma concentration ($r=0.222$, $p=0.114$), also the concentration of vitamin E plasma with CD4 lymphocytes count ($r=0.028$, $p=0.843$).

Conclusion: No correlation was found between plasma vitamin E concentration and CD4 lymphocytes count in HIV/ AIDS patients..</i>