

Status hemoglobin pada pasien thalassemia di RSUPN Dr Cipto Mangunkusumo serta hubungannya dengan usia dan jenis kelamin =
The hemoglobin status of thalassemia patients in RSUPN dr Cipto Mangunkusumo and its relationship with age and gender

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Abstrak

Anemia didefinisikan sebagai rendahnya kadar hemoglobin di dalam darah. Anemia merupakan masalah kesehatan masyarakat yang cukup besar di Indonesia. Dari berbagai etiologi anemia, thalassemia merupakan hemoglobinopati kuantitatif yang diturunkan yang memiliki prevalensi tinggi di negara-negara Asia Tenggara seperti Indonesia. Penelitian ini bertujuan untuk mengetahui status hemoglobin pada pasien thalassemia di RSUPN dr. Cipto Mangunkusumo, Jakarta dan hubungannya dengan usia dan jenis kelamin. Sebanyak 640 hasil pemeriksaan darah lengkap diperoleh dari pasien rawat jalan yang menderita thalassemia dari Pusat thalassemia di RSUPNCM pada bulan Mei 2012.

Berdasarkan analisis statistik, ditemukan bahwa hampir seluruh pasien thalassemia yang datang mengalami anemia (638 pasien), dan mayoritas menderita anemia derajat sedang. Ditemukan pula asosiasi antara usia dan derajat anemia ketika membandingkan antara anemia sedang dengan anemia berat. ($p = 0.000$).

Ditemukan pula korelasi negatif (Spearman rho -0.212) antara usia dan kadar hemoglobin ($p = 0.000$).

Namun demikian, tidak ditemukan asosiasi antara jenis kelamin dengan derajat anemia maupun kadar hemoglobin (masing-masing $p = 0.196$; 0.557). Hasil studi ini memberikan gambaran terkini mengenai status anemia pasien thalassemia dan dapat digunakan dalam memberikan pelayanan terbaik kepada pasien thalassemia.

Anemia, defined as a low level of hemoglobin concentration in the blood, is a major public health problem. Among the many causes of anemia, thalassemia, an inherited quantitative hemoglobinopathy, is one that is highly prevalent in south-east Asian countries such as Indonesia. This study aimed to find out the hemoglobin status of thalassemia patients in RSUPN dr. Cipto Mangunkusumo, Jakarta and its relationship with age and gender. As many as 640 complete blood count results from outpatients previously diagnosed with thalassemia from the hospital's Thalassemia Center during May 2012 were obtained for analysis. From statistical analyses, we concluded almost all thalassemia patients were anemic (638 patients), most of which experience moderate anemia.

From statistical testing, there proved to be an association between age and severity of anemia when compared between moderate and severe anemia ($p = 0.000$). A negative correlation (Spearman's rho -0.212) was seen between age and hemoglobin level ($p = 0.000$). Meanwhile, no association was found between gender and severity of anemia or hemoglobin level ($p = 0.196$; 0.557 , respectively). The results of this study provide the most recent information on the current status of anemia among thalassemia patients and can be used in the approach towards thalassemia patients.