

Faktor Risiko Terjadinya Penyakit Refluks Gastroesofagus Pada Anak Usia 10—12 Tahun: Studi Kasus Di SDN Kenari Menggunakan Kuesioner Frequency Scale For The Symptoms Of Gastro Esophageal Reflux Diseases = Gastroesophageal Reflux Diseases and Its Risk Factor in children 10—12 years: Case Study in SDN Kenari Using Frequency Scale For The Symptoms Of Gastro Esophageal Reflux Diseases

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Abstrak

Latar belakang: Penyakit refluks gastroesofagus (PRGE) adalah kejadian refluks gastroesofagus yang telah disertai gangguan kualitas hidup atau komplikasi. Angka kejadian PRGE di seluruh dunia sangat beragam dan dipengaruhi oleh distribusi usia. Penyakit gastrointestinal fungsional melatar belakangi terjadinya PRGE. Angka kejadian PRGE pada usia 10—12 tahun yang merupakan masa awal remaja serta hubungan PRGE dengan kejadian gastrointestinal di Indonesia belum pernah dilaporkan.

Metode: Studi potong lintang yang dilanjutkan dengan studi kasus kontrol dilakukan terhadap seluruh siswa kelas 4—6 SD, SDN Kenari 1—12, Jakarta pada bulan Mei—Juli 2014. Penegakkan diagnosis PRGE menggunakan kuesioner frequency scale for the symptoms of gastroesophageal reflux disorder (FSSG) dengan melalui translasi kuesioner. Kolik infantil dan gumoh ditegakkan sesuai kriteria ROME III. Sakit perut berulang ditegakkan sesuai kriteria Apley.

Hasil penelitian: Validasi kuesioner hasil translasi ke bahasa Indonesia menunjukkan validitas (seluruh pertanyaan memiliki $r > 0,3$ dengan $p < 0,05$) dan reabilitas (Cronbach alpha 0,853 dengan item reability index setiap pertanyaan $> 0,3$) yang baik. Angka kejadian PRGE 404 (44,6%) dari 905 orang anak usia 10—12 tahun dengan interval kepercayaan 95% (IK 95%) 41,4% sampai 47,9%. Odd ratio PRGE pada lelaki dibandingkan perempuan 0,841 (IK 95% 0,646 sampai 1,095; $p = 0,198$). Kejadian kolik infantil, gumoh, dan sakit perut berulang berturut-turut 23,3%, 16,9%, dan 3%. Tidak ditemukan hubungan bermakna antara jenis kelamin ($p = 0,299$), kelompok usia ($p = 0,902$), kolik ($p = 0,226$), dan sakit perut berulang ($p = 0,353$) dengan kejadian PRGE. Hasil analisis multivariat menunjukkan gumoh dan riwayat orang tua dengan PRGE berhubungan dengan kejadian PRGE pada anak usia 10—12 tahun dengan odd ratio berturut-turut 2,166 (IK 95% 1,226 sampai 3,827) dan 3,069 (IK 95% 1,233 sampai 7,637).

Simpulan: Angka kejadian PRGE pada anak usia 10—12 tahun di Indonesia adalah 44,6%. Regurgitasi pada masa bayi dan riwayat PRGE pada orang tua berhubungan dengan kejadian PRGE pada anak usia 10—12 tahun. Tidak ditemukan hubungan bermakna antara kolik infantil dan riwayat sakit perut berulang terhadap kejadian PRGE.

.....Introduction: Gastroesophageal reflux disease (GERD) is an event of gastroesophageal reflux followed by certain disruption in quality of life or one of which cause some complications. Prevalence of GERD varies greatly worldwide and influenced by age distribution. Functional gastrointestinal disorders are responsible for GERD. GERD prevalence in children aged 10—12 years old, which is an early adolescence phase, as well as correlation between GERD and other gastrointestinal disorder were never been reported in Indonesia.

Method: A cross sectional study followed by a case control study were done to all elementary students grade 4—6 who studied in SDN Kenari 1—12, from May to July 2014. Diagnosis of GERD was established using frequency scale for symptoms of gastroesophageal reflux disorder (FSSG), which was translated into Indonesian language. Infantile colic and regurgitation were diagnosed according to ROME III criteria while recurrent abdominal pain according to Apley criteria.

Result: Validation of the translated FSSG questionnaire showed that it was valid (all question had $r > 0.3$ with $p < 0.05$) and reliable (Cronbach alpha 0.853 with item reliability index on each question > 0.3).

Prevalence of GERD was 404 (44.6%) out of 905 children aged 10—12 years old with confidence interval of 95% (95% CI, 41.4% to 47.9%). Odd ratio (OR) of GERD in males compared to females was 0.841 (95% CI, 0.646 to 1.095; $p = 0.198$). Prevalence of infantile colic, regurgitation, and recurrent abdominal pain were 23.3%, 16.9%, and 3% respectively. There were no significant correlation in GERD prevalence with sex ($p = 0.299$), age group ($p = 0.902$), infantile colic ($p = 0.226$), and recurrent abdominal pain ($p = 0.353$). Multivariate analysis showed that GERD prevalence correlated with regurgitation (OR 2.166; 95% CI, 1.226 to 3.827) and parental history of GERD (OR 3.069; 95% CI, 1.233 to 7.637).

Conclusion: GERD prevalence in children aged 10—12 years old in Indonesia was 44.6%. Infant regurgitation and parental history of GERD correlated with the event of GERD in children aged 10—12 years old. There is no significant correlation between infantile colic and history of recurrent abdominal pain with GERD prevalence.