

Pengaruh terapi kombinasi akupunktur tanam benang dan medikamentosa terhadap gejala dan kualitas hidup penderita gastroesophageal reflux disease = Effect of acupoint-catgut embedment combined with medical treatment on symptoms and quality of life of gastroesophageal reflux disease patients

Intan Suri Baginda, author

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Abstrak

ABSTRAK
Gastroesophageal reflux disease (GERD) merupakan suatu kondisi patologis yang disebabkan oleh refluks kandungan lambung ke dalam esofagus. GERD memiliki dampak yang besar terhadap penderitanya baik secara fisik, psikologik, sosial maupun ekonomi. Penurunan kualitas hidup dan produktifitas kerja sering ditemukan pada penderita GERD. Berbagai terapi farmakologis telah dikembangkan, namun belum memberikan hasil yang optimal. Hal tersebut mendorong pengembangan modalitas terapi lain, salah satunya akupunktur tanam benang. Penelitian ini bertujuan untuk mengetahui efektifitas terapi kombinasi akupunktur tanam benang dan medikamentosa terhadap gejala dan kualitas hidup penderita GERD. Uji klinis acak tersamar ganda dengan pembanding dilakukan terhadap 52 penderita GERD yang dialokasikan secara acak ke dalam kelompok kombinasi akupunktur tanam benang dan medikamentosa (kelompok perlakuan) atau kelompok akupunktur sham dan medikamentosa (kelompok kontrol). Akupunktur tanam benang dilakukan pada titik CV12 Zhongwan, ST36 Zusanli dan BL21 Weishu sebanyak 2 kali dengan interval 15 hari. Skor GERDQ, RQS dan SF-36 digunakan untuk mengukur keluaran terapi. Hasil penelitian menunjukkan bahwa penurunan skor GERDQ pada kelompok perlakuan lebih besar dari kelompok kontrol ($p < 0,001$) dan peningkatan skor RQS serta peningkatan skor seluruh komponen SF-36 pada kelompok perlakuan lebih besar dibanding kelompok kontrol ($p < 0,001$). Kesimpulan penelitian adalah terapi kombinasi akupunktur tanam benang dan medikamentosa lebih efektif dalam mengurangi gejala dan meningkatkan kualitas hidup penderita GERD dibandingkan dengan terapi medikamentosa saja.

ABSTRACT
Gastroesophageal reflux disease (GERD) is a pathological condition caused by reflux of gastric contents into the esophagus. It has been shown that GERD has significant impact on patients either physically, psychologically, socially or economically. Impaired of quality of life and working productivity are common in GERD patients. Various pharmacological therapies have been developed, but not yet provide optimal results. It encourages the development of other therapeutic modalities, such as acupoint catgut embedment. The aim of this study was to establish the effect of acupoint catgut embedment combine with medical treatment on symptom and quality of life of GERD patients. A double-blind randomized controlled trial involved 52 GERD patients randomly allocated into catgut embedding therapy with medication group (treatment group) or medication only group (control group). Catgut embedding therapy was given 2 times at CV12 Zhongwan, ST36 Zusanli and BL21 Weishu every 15 days. GERDQ, RQS and SF-36 were used to measure the primary outcomes. The result shown, the decreased of GERDQ scores at treatments group significant higher than control groups ($p < 0,001$), the increased of RQS score and all of SF-36 components scores at treatment group significant higher than control group ($p < 0,001$). The result suggested that acupoint-catgut embedment combined with medical treatment is more effective than medical treatment in alleviating symptoms and enhancing the quality of life of GERD

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