

Korelasi antara kadar vitamin C serum dan skor copd assessment test pada penderita penyakit paru obstruktif kronik = Correlation between serum vitamin C level and copd assessment test score in chronic obstructive pulmonary disease subjects

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Abstrak

Penyakit Paru Obstruktif Kronik PPOK adalah penyakit akibat stres oksidatif penyebab menurunnya fungsi paru sehingga mempengaruhi kualitas hidupenderitanya. Tes baku untuk mengukur kualitas hidup PPOK adalah COPD Assessment Test CAT. Vitamin C sebagai antioksidan banyak terdapat di cairan pelapis epitel paru. Penelitian ini bertujuan mengetahui korelasi antara kadar vitamin C serum dan skor CAT pada PPOK. Penelitian potong lintang ini dilakukan di RSUP Persahabatan, Jakarta Timur, melibatkan 47 subjek dengan metode consecutive sampling. Data karakteristik subjek dan asupan vitamin C secara FFQ semikuantitatif didapatkan melalui wawancara. Data klasifikasi klinis, fungsi paru, komorbid, skor CAT didapatkan dari rekam medis dan wawancara. Status gizi ditentukan berdasarkan Indeks Masa Tubuh IMT, dan kadar vitamin C serum dengan spektrofotometer. Semua subjek laki-laki, rerata usia 66,6 tahun, sebagian besar bekas perokok berat dengan fungsi paru rendah. Status gizi kurang pada 25 subjek, skor CAT kategori ringan, asupan vitamin C cukup, dan kadar vitamin C rendah. Tidak didapatkan korelasi antara kadar vitamin C serum dan skor CAT.

.....COPD is a disease due to oxidative stress causing low pulmonary function, resulting in low quality of life. A standard test to measure the quality of life in COPD is COPD Assessment Test CAT. Vitamin C as antioxidant is widely available in the pulmonary epithelial fluid. This study aimed to investigate the correlation between serum vitamin C level and CAT score in COPD. This cross sectional study was conducted at Persahabatan Hospital, East Jakarta, involving 47 subjects using consecutive sampling method. Interview was used to assess subjects' characteristics and vitamin C intake using semi quantitative FFQ. Clinical classification, lung function, comorbidity, and CAT scores were gathered from medical records or interview. BMI was used to determine nutritional status, while vitamin C serum level was assessed using spectrophotometry. All subjects were male, mean age was 66.6 years, mostly ex heavy smokers, with decreased lung function, and 25 were undernourished. Vitamin C intake was sufficient, but low in serum vitamin C level and CAT score. There was no correlation between serum vitamin C levels and CAT score.