

# Hubungan jenis tuberkulosis dan penyakit komorbid dengan tingkat perbaikan status nutrisi pasca pengobatan tuberkulosis anak = Association between types of tuberculosis and comorbidities with nutritional status improvement after treatment among pediatric tuberculosis

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## Abstrak

### <b>ABSTRACT</b><br>

Latar Belakang: Perbaikan status nutrisi merupakan salah satu indikator penting dalam menilai keberhasilan pengobatan tuberkulosis. Tujuan: Mengetahui hubungan antara jenis tuberkulosis dan penyakit komorbid dengan perbaikan status nutrisi pasien tuberkulosis anak setelah dua bulan pengobatan. Metode: Penelitian potong lintang dilakukan di RSUPN Cipto Mangunkusumo, Jakarta pada Januari-Oktober 2018 dengan melihat data rekam medis dari 207 pasien anak yang terdiagnosis tuberkulosis selama periode 2012-2018. Hasil: Terdapat hubungan bermakna antara jenis tuberkulosis dengan status nutrisi setelah dua bulan pengobatan fase intensif (nilai  $p = 0,014$ ;  $IK_{95\%} = 0,422-0,914$ ) dengan kesan bahwa pasien TB ekstraparu mengalami peningkatan status nutrisi lebih baik dibanding pasien TB paru. Selain itu, juga didapat hubungan bermakna antara keberadaan penyakit komorbid dengan status nutrisi pasien (nilai  $p = 0,020$ ;  $IK_{95\%} = 1,063-2,382$ ), pasien tanpa penyakit komorbid mengalami peningkatan status nutrisi lebih baik dibanding pasien TB dengan penyakit komorbid setelah pengobatan fase intensif. Kesimpulan: Jenis TB dan penyakit komorbid berhubungan dengan kondisi status nutrisi pasien selama dua bulan fase intensif pengobatan tuberkulosis. Tatalaksana komprehensif mencakup manajemen terhadap tuberkulosis dan penyakit komorbid, serta suplementasi nutrisi perlu diperhatikan selama fase awal pengobatan pasien tuberkulosis anak.

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### <b>ABSTRACT</b><br>

Background: Nutritional status improvement constitutes one of an indicator to assess anti tuberculosis treatments success. Objective: This research aims to determine whether the diagnosis of tuberculosis (pulmonary or extrapulmonary) and comorbidities are associated with childrens nutritional status during the first 2-month of tuberculosis treatment. Methods: A cross-sectional study conducted in Cipto Mangunkusumo Hospital, Jakarta in January to October 2018 by reviewing 207 medical records of children diagnosed with tuberculosis from 2012-2018 period of time. Results: Type of TB is associated with nutritional status of children after 2-month intensive phase treatment ( $p$  value = 0.014;  $CI_{95\%} = 0.422$  to 0.914), children with extrapulmonary TB show better improvement in nutritional status rather than children with pulmonary TB. Comorbidities are associated with nutritional status ( $p$  value = 0.020;  $CI_{95\%} = 1.063$  to 2.382), tuberculosis children without comorbidities experience better nutritional status improvement rather than those with comorbidities after anti tuberculosis intensive phase treatment. Discussion: Type of TB and comorbidities are significantly associated with nutritional status of tuberculosis children during 2-month intensive phase of anti tuberculosis treatment. Comprehensive treatment including management for tuberculosis and those with comorbidities, along with nutritional supplementation are necessarily maintained

during the early phase of treatment in children with tuberculosis.