

# Manfaat klinis pemberian ibandronic acid pada pasien kanker paru bermetastasis tulang di RSUP Persahabatan Jakarta Indonesia = The implication of ibandronic acid in treatment on bone metastatic disease in lung-cancer patients at the National Respiratory Referral Hospital Persahabatan Jakarta Indonesia

Ayuningtyas Setyoreni, author

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## Abstrak

Latar Belakang : Metastasis tulang merupakan masalah pada pasien kanker paru karena memperburuk prognosis dan kualitas hidup. Nyeri merupakan salah satu gejala yang paling umum. Tatalaksana metastasis tulang pada pasien kanker paru meliputi terapi pada tumor primer, radioterapi pada lesi metastasis dan pemberian ibandronic acid.

Metode : Penelitian ini merupakan studi retrospektif. Kami mencatat pasien kanker paru bermetastasis tulang dan dirawat di rumah sakit pusat rujukan respirasi nasional Persahabatan Jakarta dari tanggal 1 Januari 2016 sampai 30 Juni 2018. Tujuan penelitian ini untuk mengevaluasi penurunan nyeri kanker yang berhubungan dengan metastasis tulang. Semua pasien menerima terapi ibandronic acid 6 mg intravena setiap bulan dan diukur skala nyerinya dengan menggunakan Visual Analogue Scale (VAS). Selain mendapat terapi ibandronic acid, setiap pasien juga mendapatkan modalitas terapi nyeri kanker lain seperti analgetik, radioterapi atau kombinasi keduanya.

Hasil : Lokasi lesi kanker paru bermetastasis ke tulang paling sering (dari 51/71 pasien) adalah vertebra 74 (43,79%), toraks 55 (32,54%) dan pelvis 28 (17,75%). Rerata jumlah pemberian ibandronic acid adalah 8 kali pemberian. Rentang waktu pemberian ibandronic acid dari tegak jenis adalah 6 bulan. Nyeri VAS setelah pemberian ibandronic acid berturut-turut nyeri VAS ringan (VAS 1-3) 14 (27,54%), nyeri VAS sedang (VAS 4-6) 37 (72,46%) dan nyeri berat (VAS 7-10) 0 (0%). Total waktu penurunan nyeri setelah pemberian ibandronic acid adalah 4 bulan. Rerata penurunan nyeri VAS pada grup nyeri VAS ringan-sedang terjadi setelah 5 kali pemberian sedangkan rerata penurunan grup nyeri VAS berat setelah 1 kali pemberian ( $p = 0.0001$ ). Terdapat beberapa kejadian efek samping setelah pemberian ibandronic acid yang ditemukan pada 9 dari 51 subjek antara lain 2 (3,9%) ruam kulit, 3 (5,9%) mual dan muntah, 3 (5,9%) sakit kepala dan 1 (2,0%) demam.

Kesimpulan : Terapi ibandronic acid sangat bermanfaat untuk menurunkan nyeri kanker pada pasien kanker paru bermetastasis ke tulang

.....Background: Bone metastasis (BM) is one of the problems in lung cancer because it affects the prognosis and quality of life. Pain is most common symptom. The management of bone metastasis (BM) in lung cancer are treatment of primary cancer lesion, radiotherapy on the metastatic lesions and ibandronic acid.

Method : In this retrospective study, lung cancer patients with BM and treated in Persahabatan National Respiratory Referral Hospital, Jakarta, between January 1st 2016 and June 30th 2018 were enrolled. The aim of study was to evaluate the efficacy of ibandronic acid in the treatment of cancer pain caused by BM. All of patients received ibandronic acid 6 mg (intravenously) monthly and Visual Analogue Scale (VAS) was used to evaluate pain. All patients received other management cancer pain such as analgesics,

radiotherapy or combination.

Results : Most BM lesions (51/71 cases) were located in vertebra 74 (43,79%), thoracic cage 55( 32,54%) and pelvic 28 (17,75%). The averages of administration of ibandronic acid 6 mg iv was 8 times. The mean time-to-treat of ibandronic acid since the first time of lung cancer diagnosis was 6 months. VAS pain scale after administration of ibandronic acid was classified to mild pain (VAS 1-3) 14 cases (27,54%), moderate pain (VAS 4-6) 37 cases (72,46%) and severe pain (VAS 7-10) 0 cases. Overall the decrease in VAS scale was seen after 4 times ibandronic acid administration. Pain was significantly improved after the fifth administration in patients which initially suffered from moderate to mild pain and was significantly improved immediately after the first administration in patients which initially suffered from severe pain ( $p=0,0001$ ). The side effects caused by ibandronic acid was observed in 9 patients, in which 2 subjects (3,9%) had a rash skin, 3 subjects (5,9%) suffered nausea and vomiting, 3 subjects (5,9%) had headache, and 1 subject (2,0%) fever.

Conclusion : Ibandronic acid treatment was useful to relieve metastatic bone pain in lung cancer patients.