

Respons pasien lupus eritematosus sistemik (LES) terhadap terapi 6 bulan di RSCM periode Mei 2021-Juni 2022 = Response of systemic lupus erythematosus (SLE) patients to 6 months therapy at RSCM in the period May 2021-June 2022

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Abstrak

Latar Belakang: Lupus eritematosus sistemik (LES) adalah penyakit autoimun sistemik yang dapat melibatkan berbagai organ dan sistem tubuh. Pasien dengan LES tidak bisa disembuhkan, melainkan dikontrol dengan pendekatan terapi treat-to-target bertujuan mencapai low lupus disease activity state (LLDAS) atau remisi. Pemantauan dilakukan secara berkala setiap 3-6 bulan sekali untuk menghindari kerusakan organ lebih lanjut. Metode: Penelitian analitik observasional dengan desain kohort retrospektif menggunakan data dari rekam medis pasien LES di RSCM. Didapatkan total 66 pasien yang telah berobat selama 6 bulan pada Mei 2021—Juni 2022. Respons yang dilihat yaitu status aktivitas penyakit berdasarkan skor SLEDAI-2K pada bulan pertama dan keenam serta luaran penyakit, meliputi remisi, perbaikan, persisten aktif, dan perburukan.

Hasil: Sebagian besar pasien LES adalah perempuan (95,5%), rerata usia 31,23 tahun, dan keterlibatan organ terbanyak muskuloskeletal (93,9%). Hidroksiklorokuin dan metilprednisolon merupakan terapi yang paling banyak didapatkan pasien. Setelah 6 bulan terapi, status aktivitas penyakit pasien membaik dengan luaran penyakit perbaikan (33,3%) dan remisi (10,6%).

Kesimpulan: Setelah menjalani pengobatan selama 6 bulan, status aktivitas penyakit pasien membaik dari kategori aktivitas penyakit sedang (37,9%) menjadi ringan (48,5%). Terdapat perbedaan yang bermakna signifikan secara statistik dan klinis antara skor SLEDAI-2K bulan pertama dengan bulan keenam ($p = 0,000$).

.....Introduction: Systemic lupus erythematosus (SLE) is a systemic autoimmune disease that involve various organs and body systems. Patients with SLE cannot be cured, but rather controlled with a treat-to-target therapy approach aimed at achieving low lupus disease activity state (LLDAS) or remission.

Monitoring is carried out regularly every 3- 6 months to avoid further organ damage.

Method: Observational analytical study with retrospective cohort design using database from medical records of SLE patients at RSCM. There were a total of 66 patients who had received treatment for 6 months in May 2021—June 2022. The interests were disease activity based on the SLEDAI-2K score in the first and sixth months as well as disease outcomes, such as remission, improvement, persistently active, and flare.

Results: Most SLE patients were women (95.5%), the average age was 31.23 years, and the most organ involvement was musculoskeletal (93.9%). Hydroxychloroquine and methylprednisolone are the most common therapy received by patients. After 6 months of therapy, the overall patient's disease activity status improved with an outcome of improvement (33.3%) and remission (10.6%).

Conclusion: After undergoing treatment for 6 months, the patient's disease activity status improved from moderate (37.9%) to mild (48.5%) disease activity category. There was a statistically and clinically significant difference between the SLEDAI-2K score for the first month and the sixth month ($p = 0.000$).