

# Pengaruh kepatuhan terapi kelasi terhadap kadar aspartat aminotransferase, alanin aminotrasferase, dan AST to platelet ratio index score pada pasien beta talasemia mayor = Effect of compliance in chelation therapy to aspartat aminotransferase, alanine aminotransferase, and AST to platelet ratio index score in beta thalassemia major patient

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## Abstrak

**Latar Belakang:** Talasemia I<sup>2</sup> mayor merupakan penyakit dengan gen *carrier* yang cukup banyak ditemukan di Indonesia sehingga dibutuhkan penelitian lebih lanjut tentang pola talasemia I<sup>2</sup> mayor terlebih lagi penderitanya mengalami inefektif hematopoiesis sehingga pasien talasemia I<sup>2</sup> mayor sangat bergantung dengan terapi transfusi dan kelasi untuk bertahan hidup sehingga penelitian ini bertujuan untuk mengetahui efek yang ditimbulkan dari kepatuhan terapi kelasi pada populasi Indonesia terhadap kadar alanin aminotransferase, aspartat aminotransferase, dan AST to platelet ratio index (APRI) score.

**Metode:** Penelitian ini menggunakan metode observatif *cross sectional* dan seluruh partisipan penelitian adalah pasien RSCM Kiara. Data kepatuhan pasien didapat dari kuisioner *morisky medication adherence scale*-8 serta pertanyaan singkat alasan ketidakpatuhan dalam terapi yang akan dicocokkan dengan data laboratorium pasien pada rekam medik elektronik dan selanjutnya data dianalisis menggunakan uji bivariat nonparametrik Kruskal-Wallis dan uji Post-Hoc Mann-Whitney.

**Hasil:** Tidak ditemukan adanya hubungan yang bermakna antara kepatuhan terapi kelasi terhadap kadar alanin amintotransferase, aspartat aminotransferase, dan APRI score namun, ditemukan hubungan yang bermakna pada umur, lama transfusi, dan jenis kelator terhadap nilai APRI score.

**Kesimpulan:** Tidak ditemukan adanya hubungan bermakna pada kepatuhan terapi kelasi terhadap kadar alanin aminotransferase, aspartat aminotransferase, dan APRI score namun dibutuhkan penelitian lebih lanjut untuk mengkonfirmasi hasil tersebut dikarenakan terdapat keterbatasan dalam penelitian.

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**Background:** Thalassemia I<sup>2</sup> major is a disease with carrier gene common enough to be found in Indonesia therefore further research was needed to know the exact pattern and characteristics of thalassemia I<sup>2</sup> major because the patients has ineffective hematopoiesis depend their life with transfusion and chelation therapy to survive therefore it need further research to know the effect of chelation therapy for population in Indonesia with alanin aminotransferase, aspartat aminotransferase, and AST to platelet ratio index (APRI) score level.

**Methods:** This study used observative cross sectional method and all of the participants are patients at RSCM Kiara. Participants compliance were measured by *morisky medication adherence scale*-8 with some adjustment to know the reason why participants isnt complying with therapy and will be compared with laboratory result through electronic medical record then both results were then analyzed non-parametrically using Kruskal-Wallis followed by Mann-Whitney for Post-Hoc.

**Results:** There arent any correlation between chelation therapy compliance with aspartat aminotransferase, alanine aminotransferase, and AST to platelet ratio index score level but it

has been found that age, transfusion duration, and type of chelator have some degree of correlation.

**Conclusion:** There arent any correlation between chelation therapy compliance with aspartat aminotransferase, alanine aminotransferase, and AST to platelet ratio index score level but the result need further research to confirm the result because this research has its own degree of limitation