

ABSTRAK

Latar Belakang: Tuberkulosis masih menjadi masalah serius bagi dunia. Kasus tuberkulosis masih tinggi di Indonesia. Pada tahun 2021 ada 397.377 kasus tuberkulosis yang ditemukan, meningkat dibandingkan tahun sebelumnya. Konsumsi Obat Anti Tuberkulosis (OAT) secara terus menerus memiliki efek samping hepatotoksitas sebab metabolisme OAT berada di hati. Parameter pemeriksaan laboratorium untuk mengevaluasi fungsi hati salah satunya adalah bilirubin total.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui bagaimana gambaran kadar bilirubin total pada serum penderita tuberkulosis yang mendapat terapi Obat Anti Tuberkulosis.

Metode Penelitian: Jenis penelitian adalah observasional deskriptif dengan desain *cross sectional*. Sampel yang digunakan berasal dari 32 serum penderita tuberkulosis yang mendapat terapi Obat Anti Tuberkulosis di RSUP Dr. Sardjito. Serum kemudian diperiksa kadar bilirubin total. Data primer yang diperoleh ditampilkan dalam bentuk tabel dan diagram pie, kemudian dianalisis secara deskriptif.

Hasil Penelitian: Setelah diperiksa kadar bilirubin total dari 32 sampel didapatkan kadar bilirubin total meningkat sebanyak 12 sampel (37,5%). Dari 12 sampel dengan kadar bilirubin total meningkat, berdasarkan jenis kelamin laki-laki (tidak risiko) meningkat sebanyak 7 sampel (50%), jenis kelamin perempuan (risiko) meningkat sebanyak 4 sampel (22,2%). Berdasarkan umur risiko (>60 Tahun) meningkat sebanyak 7 sampel (70%), umur tidak risiko (\leq 60 Tahun) meningkat sebanyak 5 sampel (22,7%). Berdasarkan lama pengobatan kategori tahap intensif (\leq 2 bulan) meningkat sebanyak 5 sampel (45,5%), lama pengobatan kategori tahap lanjutan (>2 bulan – 6 bulan) meningkat sebanyak 7 sampel (33,3%). Berdasarkan ada penyakit penyerta meningkat sebanyak 4 sampel (36,4%) sedangkan pada kategori tidak ada penyakit penyerta meningkat sebanyak 8 sampel (38%).

Kesimpulan: Didapatkan gambaran yang menunjukkan tingginya kadar bilirubin total pada pasien tuberkulosis yang mendapat terapi OAT.

Kata Kunci: Serum penderita tuberkulosis, Terapi OAT, Bilirubin Total

ABSTRACT

Background: Tuberculosis is still a serious problem in the world. Tuberculosis cases are still high in Indonesia. In 2021 there were 397,377 cases of tuberculosis found, an increase compared to the previous year. Continuous consumption of Anti-Tuberculosis Drugs has side effects of hepatotoxicity because the metabolism of OAT is in the liver. One of the parameters of laboratory examination to evaluate liver function is total bilirubin.

Research Objectives: To describe the total bilirubin levels in the serum of tuberculosis patients who receive Anti-Tuberculosis Drug (OAT) therapy.

Research Methods: Types of research was descriptive observational with cross sectional designs. The samples used came from 32 serum of tuberculosis patients who received Anti-Tuberculosis Drug therapy at Dr. Sardjito Hospital. A decent serum was then checked for total bilirubin levels. The primary data obtained is displayed in the tables and pie charts, then analyzed descriptively.

Research Results: After being examined the total bilirubin levels of 32 samples, the total bilirubin levels increased by 12 samples (37.5%). Of the 12 samples with total bilirubin levels increased, based on male sex (no risk) increased by 7 samples (50%), female sex (risk) increased by 4 samples (22.2%). Based on risk age (>60 years) increased by 7 samples (70%), non-risk age (\leq 60 years) increased by 5 samples (22.7%). Based on the duration of treatment in the intensive stage category (\leq 2 months) increased by 5 samples (45.5%), the duration of treatment in the advanced stage category (>2 months – 6 months) increased by 7 samples (33.3%). Based on comorbidities, it increased by 4 samples (36.4%) while in the category of no comorbidities increased by 8 samples (38%).

Conclusion: a new description was obtained that showed high levels of total bilirubin in tuberculosis patients receiving OAT therapy.

Keywords: Serum of tuberculosis patients, Drug therapy, Total Bilirubin