

INTISARI

HUBUNGAN ANTARA SENSITISASI ALERGEN TUNGAU DEBU RUMAH DENGAN TINGKAT KEPARAHAN ASMA PADA ANAK

Latar Belakang: Asma merupakan penyakit respiratorik kronis yang paling sering dijumpai pada anak ditandai dengan sesak napas, batuk, rasa berat di dada dan mengi yang sifatnya dapat ringan sampai berat. Prevalensi asma di Indonesia adalah 4,5% dari populasi, dengan jumlah kumulatif kasus asma sekitar 11.179.032. 50% pencetus utama serangan asma pada anak adalah alergen dalam rumah seperti tungau debu rumah. Tingkat keparahan asma terhadap alergen tungau debu rumah perlu dipahami untuk mengetahui management terbaik yang harus dilakukan kepada anak dan penghindaran alergen ketika anak beraktivitas di dalam ruangan.

Tujuan: Untuk mengetahui hubungan antara sensitisasi tungau debu rumah dengan tingkat keparahan asma pada anak.

Metode: Penelitian potong lintang dengan data sekunder dari penelitian utama. Pengambilan data dilakukan melalui anamnesis dan pemeriksaan. Diagnosis dan tingkat keparahan asma diukur berdasarkan kriteria Pedoman Nasional Asma Anak 2016. Sensitisasi tungau debu rumah dilakukan dengan uji tusuk kulit. Kriteria inklusi adalah anak menderita asma usia 4 hingga 18 tahun serta bersedia menjadi subjek penelitian. Penelitian dilakukan di Poli Imunologi dan Respirologi Instalasi Kesehatan Anak (INSKA) RSUP Dr. Sardjito. Analisis statistik menggunakan uji spearman.

Hasil: Subyek 32 anak dengan asma, terdiri dari tingkat keparahan asma intermiten 7 (21.9%) anak negatif terhadap sensitisasi alergen tungau debu rumah dan 11 (34.4%) anak positif sensitisasi alergen tungau debu rumah. Tingkat keparahan asma persisten, terdapat 4 (12.5%) anak negatif sensitisasi alergen tungau debu rumah dan 10 (31.2%) anak positif sensitisasi alergen tungau debu rumah. Tidak ada hubungan antara sensitisasi alergen tungau debu rumah dengan tingkat keparahan asma pada anak ($p=0.543$).

Kesimpulan: Sensitisasi alergen tungau debu rumah tidak berhubungan dengan tingkat keparahan asma pada anak.

Kata Kunci: asma, anak, sensitisasi, tungau debu rumah, tingkat keparahan, uji tusuk kulit

RELATIONSHIP BETWEEN HOUSE DUST MITE ALLERGEN SENSITIZATION AND ASTHMA SEVERITY IN CHILDREN

Background: *Asthma is a chronic respiratory disease that is most often found in children characterized by shortness of breath, cough, heaviness in the chest and wheezing which can be mild to severe. The prevalence of asthma in Indonesia is 4.5% of the population, with a cumulative number of asthma cases around 11,179,032. 50% of the main triggers of asthma attacks in children are allergens in the house such as house dust mites. The severity of asthma against house dust mite allergens needs to be understood to find out the best management that should be done to children and avoidance of allergens when children are active indoors.*

Objective: *To determine the relationship between house dust mite sensitization and the severity of asthma in children.*

Methods: *Cross-sectional study with secondary data from the main study. Data were collected through history taking and examination. Asthma diagnosis and severity were measured based on the 2016 National Child Asthma Guidelines criteria. House dust mite sensitization was carried out by skin prick test. Inclusion criteria were children suffering from asthma aged 4 to 18 years and willing to be research subjects. The research was conducted at the Immunology and Respiratory Polyclinic of the Children's Health Installation (INSKA) Dr. Sardjito. Statistical analysis using the Spearman test.*

Results: *Subjects were 32 children with asthma, consisting of the severity of intermittent asthma. 7 (21.9%) children were negative for house dust mite allergen sensitization and 11 (34.4%) children were positive for house dust mite allergen sensitization. The severity of persistent asthma, there were 4 (12.5%) negative house dust mite allergen sensitization children and 10 (31.2%) positive house dust mite allergen sensitization children. There was no relationship between house dust mite allergen sensitization and asthma severity in children ($p=0.543$).*

Conclusion: *House dust mite allergen sensitization was not associated with the severity of asthma in children.*

Keywords: *asthma, children, sensitization, house dust mites, severity, skin prick test*