

INTISARI

Dolutegravir (DTG) merupakan obat Antiretroviral (ARV) golongan *integrase inhibitor* (INSTI) terbaru, yang direkomendasikan *World Health Organization* (WHO) pada tahun 2019 sebagai pilihan terapi ARV lini pertama dan kedua. Penelitian ini bertujuan untuk mengetahui efektivitas dan keamanan paduan rejimen TLD (Tenofovir + Lamivudin + Dolutegravir) yang merupakan rejimen alternatif baru dibandingkan dengan TLE (Tenofovir + Lamivudin + Efavirens), dilihat dari *Viral Load* dan efek samping pada pasien HIV (*Human Immunodeficiency Virus*) di RSUP Dr. Mohammad Hoesin Palembang.

Penelitian ini merupakan penelitian observasional analitik dengan rancangan kohort retrospektif berdasarkan catatan rekam medik dan ikhtisar perawatan pasien HIV, periode Januari 2019 – September 2022 di RSUP Dr. Mohammad Hoesin Palembang. Sebanyak 203 sampel yang memenuhi kriteria inklusi dianalisis secara deskriptif dan statistik menggunakan uji *Chi-Square*.

Paduan rejimen TLD lebih efektif dibandingkan TLE ditinjau dari jumlah subyek yang mencapai *Viral Load* < 200 kopi/ml setelah enam bulan terapi yaitu lebih banyak pada pasien yang menggunakan paduan rejimen TLD (93,8%), dibandingkan TLE (90,3%), tetapi hasil uji analisis menunjukkan tidak berbeda signifikan ($p = 0,417$). Kejadian efek samping terjadi pada 5 pasien (2,5%), yaitu sakit kepala (60%) dan psikosis (40%), dan paduan rejimen yang lebih sedikit menyebabkan kejadian efek samping adalah paduan rejimen TLD (1%), dibandingkan TLE (3,9%), tetapi dari hasil uji analisis menunjukkan tidak berbeda signifikan ($P = 0,369$). Faktor yang mempengaruhi hasil *Viral Load* setelah enam bulan terapi yaitu tingkat kepatuhan minum obat dengan nilai $P = 0,000$, nilai *Odds Ratio* (OR) 0,144 kali (95% CI: 0,060-0,346).

Kata Kunci : HIV, efektivitas, keamanan, TLD, TLE

ABSTRACT

Dolutegravir (DTG) is the newest Antiretroviral drug (ARV) class of integrase inhibitor (INSTI) which was recommended by the World Health Organization (WHO) in 2019 as a first and second-line ARV therapy option. This study aims to determine the effectiveness and safety of ARV therapy combined with the TLD regimen (Tenofovir + Lamivudin + Dolutegravir), which is a new regimen of choice and alternative compared to TLE (Tenofovir + Lamivudin + Efavirens) as seen from *Viral Load* and side effects in HIV (Human Immunodeficiency Virus) patients at RSUP Dr Mohammad Hoesin Palembang.

This study is an analytic observational study with a retrospective cohort design based on medical records and an overview of HIV patient care for the period January 2019 – September 2022 at RSUP Dr Mohammad Hoesin Palembang. A total of 203 samples that met the inclusion criteria were analyzed descriptively and statistically using the Chi-Square test.

The combined TLD regimen was more effective than TLE in terms of the number of subjects who achieved a *Viral Load* < 200 copies/ml after six month, which were more in patients using the combined TLD regimen (93.8%), compared to TLE 90.3%, but the results analysis test showed no significant difference ($P = 0,417$). Adverse events occurred in 5 patients (2.5%), were headaches (60%) and psychosis (40%), and the combination regimen that caused fewer adverse events was the combined TLD regimen (1%), compare to TLE (3.9%), however, the results of the analysis showed that there was no significant difference ($P = 0.369$). Factors affecting the *Viral Load* results after six months of therapy were the level of adherence to taking medication with a P value = 0,000; an Odds Ratio (OR) value of 0,144 times (95% CI: 0,060-0,346).

Keywords: HIV, effectiveness, safety, TLD, TLE