

INTISARI

PROFIL PASIEN DERMATITIS ATOPIK ANAK DI RSUP DR. SARDJITO YOGYAKARTA

Latar belakang : Dermatitis atopik merupakan penyakit peradangan kronis pada kulit. Kejadian tersebut menyebabkan penurunan kualitas hidup penderita terutama pada faktor sosial dan psikologis. Sering kali penderita disertai dengan komorbid alergi. Terjadinya dermatitis atopik berkaitan dengan adanya faktor genetik, faktor imunologi, dan faktor lingkungan. Hingga saat ini diketahui penelitian mengenai profil dermatitis atopik telah dilakukan di beberapa daerah di Indonesia. Namun belum dilakukan di Yogyakarta, sehingga perlu dilakukan penelitian mengenai profil dermatitis atopik pada anak di RSUP Dr. Sardjito Yogyakarta.

Tujuan : Untuk mengetahui profil penyakit dermatitis atopik pada anak di RSUP Dr. Sardjito Yogyakarta.

Metode : Rancangan penelitian yang digunakan adalah penelitian observasional deskriptif. Sampel dipilih sesuai dengan kriteria inklusi dan data akan dikelompokkan berdasarkan usia, jenis kelamin, berat badan, status gizi, riwayat keluarga, terapi, komorbid (alergi makanan, urtikaria dan angioedema, rhinitis alergi, dan asma), sensitisasi allergen, nilai SCORAD, lokasi lesi DA, komplikasi dan hasil terapi untuk dievaluasi.

Hasil : Dari 100 subyek penelitian, hanya 59 subyek yang memenuhi kriteria seleksi terdiri dari laki-laki (52.5%) dan perempuan (47.5%). Dermatitis atopik anak tertinggi pada usia 0-5 tahun (69.5%) dan status gizi baik (39%). Sebanyak (27.1%) memiliki riwayat keluarga, hasil tes SPT positif (54.2%) negatif (45.8%), dan (54.2%) memiliki komorbid. Hasil penilaian SCORAD ringan (39%), sedang (30%), dan berat (10.2%). Lokasi lesi tertinggi di area wajah (33.9%), ekstremitas atas (6.7%), ekstremitas bawah (11.9%), badan (8.5%), dan punggung (3.4%). Terapi pelembab (40.7%), antihistamin (15.2%), kortikosteroid (18.6%), dan kombinasi (24.5%). Dermatitis atopik pada anak mengeluhkan kejadian gangguan tidur (25.4%), trauma kulit (35.6%), dan keduanya (39%). Sebanyak (95%) membaik.

Kesimpulan : Kasus dermatitis atopik anak di RSUP Dr. Sardjito Yogyakarta banyak ditemukan pada usia balita berjenis kelamin laki-laki dengan berat badan status gizi normal. Subyek tertinggi tanpa riwayat keluarga, hasil sensitasi allergen negatif, dan dengan komorbid alergi makanan. Pada penilaian SCORAD usia balita tertinggi derajat ringan dan usia kanak-kanak serta remaja awal tertinggi di derajat sedang. Lokasi lesi tertinggi di area wajah disemua usia, dan pemberian terapi pelembab paling sering dengan hasil membaik setelah pemberian terapi. Subyek banyak mengeluhkan adanya gangguan tidur serta trauma kulit.

Kata kunci : anak, dermatitis atopik, profil.

ABSTRACT

PROFILE PATIENT OF ATOPIC DERMATITIS IN CHILDREN AT RSUP DR. SARDJITO YOGYAKARTA

Background: Atopic dermatitis is an inflammatory chronic skin disease. The prevalence of atopic dermatitis increases every year, making it a worldwide health problem. The incident causes a decrease in the quality of life of sufferers, especially in social and psychological factors. Most of the time, patients are accompanied by comorbid allergies. The incidence of atopic dermatitis is related to genetic factors, immunological factors, and environmental factors. Until now, research on the profile of atopic dermatitis has been done in several regions in Indonesia. But it has not been done in Yogyakarta, so it is necessary to research the profile of atopic dermatitis in children at Dr. Sardjito Hospital Yogyakarta.

Objective: To know the profile of atopic dermatitis in children at Dr. Sardjito Hospital Yogyakarta.

Methods : The research design used was descriptive observational research. Samples were selected according to the inclusion criteria and data will be grouped based on age, gender, weight, nutritional status, family history, therapy, comorbidities (food allergies, urticaria and angioedema, allergic rhinitis, and asthma), allergen sensitization, SCORAD score, location of AD lesions, complications and therapy results to be evaluated.

Results: From 100 study subjects, only 59 subjects met the selection criteria consisting of males (52.5%) and females (47.5%). Pediatric atopic dermatitis was highest in the age of 0-5 years (69.5%) and good nutritional status (39%). A high total of (27.1%) had a family history, SPT test results were positive (54.2%) negative (45.8%), and (54.2%) had comorbidities. SCORAD assessment results were mild (39%), moderate (30%), and severe (10.2%). Lesion location was highest in the face (33.9%), upper extremities (6.7%), lower extremities (11.9%), body (8.5%), and back (3.4%). Treatment included moisturizers (40.7%), antihistamines (15.2%), corticosteroids (18.6%), and a combination (24.5%). Atopic dermatitis in children had sleep disturbance (25.4%), skin trauma (35.6%), and both (39%). Most subjects improved their condition (95%).

Conclusion: Many cases of pediatric atopic dermatitis at Dr. Sardjito Hospital Yogyakarta were found at the age of 0-5 years, male, with normal body weight and nutritional status. The highest subject with no family history, negative allergen sensitization results, and with food allergy comorbidities. On SCORAD assessment, toddler age had the highest mild degree and childhood and early adolescence had the highest moderate degree. Lesion location was highest in the facial area at all ages, and moisturizing therapy was most common with improved results after therapy. Subjects complained of sleep disturbance and skin trauma.

Keywords: child, atopic dermatitis, profile.