INTISARI

Latar Belakang: Indeks Massa Tubuh (IMT) yang tinggi dapat menjadi kontraindikasi untuk menerima prosedur transplantasi ginjal. Kriteria kelayakan transplantasi berdasarkan ambang BMI dapat bervariasi antar pusat transplantasi. Dibandingkan dengan pasien IMT yang normal, pasien obesitas mempunyai akses yang lebih kecil terhadap layanan transplantasi ginjal. Beberapa pusat transplantasi ginjal juga menyarankan pasien obesitas untuk menurunkan berat badan sebelum mempertimbangkan kelayakan untuk prosedur transplantasi.

Penelitian ini bertujuan untuk mengetahui hubungan antara IMT pasien resipien ginjal dan perbaikan kadar kreatinin serum pascatransplantasi ginjal. Hipotesis penulis adalah hubungan antara tinggi ataupun rendahnya IMT mempunyai pengaruh yang berbeda pada populasi penerima transplantasi ginjal.

Metode: Studi potong lintang retrospektif dilaksanakan. Populasi penelitian adalah pasien-pasien yang menjalani transplantasi ginjal di RSUP Dr. Sardjito. Populasi terjangkau adalah pasien-pasien yang menjalani transplantasi ginjal di RSUP Dr Sardjito pada rentang tahun 2018-2022.

Hasil: Diperoleh 51 sampel dengan rincian 40 pasien laki-laki (78,4%) dan 11 pasien perempuan (21,6%). Pasien termuda berusia 12 tahun, sedangkan pasien tertua berusia 65 tahun dengan rerata usia pasien adalah 38,06 tahun. Sebanyak tujuh pasien (13,7%) tergolong BMI rendah, 24 pasien (47,1%) tergolong BMI normal, 13 pasien (25,5%) memiliki BMI berlebihan, dan tujuh pasien (13,7%) memiliki BMI obesitas. Uji korelasi menggunakan tes Pearson menunjukkan terdapat korelasi yang lemah antara Indeks Massa Tubuh (IMT) dengan kadar kreatinin serum pada hari ketujuh pascatransplantasi ginjal.

Kesimpulan: Indeks Massa Tubuh (IMT) pasien resipien ginjal dan kadar kreatinin darah pascatransplantasi memiliki korelasi yang lemah.

Kata Kunci: Indeks Massa Tubuh, Kreatinin Darah, Transplantasi Ginjal.

ABSTRACT

Introduction: A high Body Mass Index (BMI) is often used as a contraindication to receive a renal transplant procedure. Transplant eligibility criteria based on BMI thresholds may vary between transplant centers. Compared with normal BMI patients, obese patients have less access to kidney transplantation. Some transplant centers also advise obese patients to lose weight before considering eligibility for a transplant procedure.

This study sought to determine the relationship between BMI in kidney transplant recipient patients and improvements in serum creatinine levels after transplantation. The authors' hypothesis is that the association between high and low BMI levels has different effects in the population of kidney transplant recipients.

Material and Method: Retrospective cross-section study was performed. The study population is patients underwent kidney transplantation at Dr. Sardjito Hospital. The reachable population is patients who underwent kidney transplantation at Dr Sardjito Hospital in 2018-2022.

Results: There were 51 samples obtained with 40 male patients (78.4%) and 11 female patients (21.6%). The youngest patient was 12 years old, and the oldest was 65 years old, with an average patient age of 38.06 years. A total of 7 patients (13.7%) were classified as low BMI, 24 patients (47.1%) were classified as normal BMI, 13 patients (25 .5%) had an excessive BMI, and 7 patients (13.7%) had a BMI classified as obese. Correlation test using the Pearson test showed that there was a weak correlation between Body Mass Index (BMI) and serum creatinine levels on the seven day after kidney transplantation.

Conclusion: It was found that the Body Mass Index (BMI) of kidney recipients and post-transplant blood creatinine levels had a weak correlation.

Keywords: Body Mass Index, Serum Creatinine, Renal Transplantation