

KORELASI ANTARA DERAJAT STENOSIS FORAMINAL NEURALIS BERDASARKAN *MAGNETIC RESONANCE IMAGING* DAN DERAJAT NYERI RADIKULAR PADA PASIEN HERNIASI DISKUS INTERVERTEBRA SERVIKALES

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INTISARI

Latar Belakang: Herniasi diskus intervertebra servikales memiliki angka morbiditas yang tinggi di seluruh dunia. Kondisi ini menyebabkan nyeri radikular yang secara signifikan mempengaruhi kualitas hidup penderitanya. Derajat stenosis foraminal neuralis diduga berhubungan dengan tingkat keparahan kondisi ini.

Tujuan: Mengetahui korelasi antara derajat stenosis foraminal neuralis dengan derajat nyeri radikular pada pasien herniasi diskus intervertebral servikales.

Metode: Penelitian analitik observasional dengan desain *cross sectional*. Data penelitian diperoleh secara retrospektif dari data rekam medis dan analisis ulang hasil pemeriksaan MRI servikal. Analisis korelasi dilakukan pada skor nyeri radikular dengan derajat stenosis foraminal neuralis.

Hasil: Berdasarkan 113 orang pasien, didapatkan mayoritas berjenis kelamin perempuan (55,8%), rata-rata usia 45-60 tahun (51,3%), memiliki indeks massa tubuh normal (44,2%), dan mengalami nyeri radikular ringan (73,5%). Terdapat korelasi yang signifikan antara derajat stenosis foraminal neuralis dengan derajat nyeri radikular pada segmen C6-7 bilateral dan C7-Th1 kiri ($p < 0,05$) dengan kekuatan korelasi lemah, serta pada segmen C3-4 bilateral, C4-5 bilateral, C5-6 kiri ($p < 0,05$) dengan kekuatan korelasi sedang.

Kesimpulan: Semakin berat derajat stenosis foraminal neuralis berdasarkan *magnetic resonance imaging*, semakin berat juga derajat nyeri radikular pada pasien herniasi diskus intervertebra servikales.

Kata Kunci : Stenosis Foraminal Neuralis, MRI Servikal, Herniasi Diskus Intervertebralis, Nyeri Radikular

CORRELATION BETWEEN THE DEGREE OF NEURAL FORAMINAL STENOSIS BASED ON MAGNETIC RESONANCE IMAGING AND THE DEGREE OF RADICULAR PAIN IN CERVICAL INTERVERTEBRA DISC HERNIATION PATIENTS

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ABSTRACT

Background: Cervical disc herniation has a high morbidity rate worldwide. This condition causes radicular pain that significantly affects the quality of life of sufferers. The degree of neural foraminal stenosis is thought to be related to the severity of this condition.

Objective: To determine the correlation between the degree of neural foraminal stenosis with the degree of radicular pain in patients with cervical intervertebral disc herniation.

Method: Observational analytical study with a cross-sectional design. The research data were obtained retrospectively from medical record data and re-analysis of cervical MRI examination results. Correlation analysis was performed on radicular pain scores with the degree of neural foraminal stenosis.

Results: Based on 113 patients, the majority were female (55.8%), average age 45-60 years old (51.3%), had a normal body mass index (44.2%), and mild radicular pain (73.5%). There is a significant correlation between the degree of neural foraminal stenosis and the degree of radicular pain in the bilateral C6-7 and left C7-Th1 segments ($p < 0.05$) with weak correlation strength, as well as in bilateral C3-4, C4-5, and left C5-6 segments ($p < 0.05$) with moderate correlation strength.

Conclusion: The more severe the degree of neural foraminal stenosis based on magnetic resonance imaging, the more severe the degree of radicular pain in patients with cervical intervertebral disc herniation.

Keywords : Foraminal Neural Stenosis, Cervikal MRI, Intervertebral Disc Herniated, Radicular Pain