

## INTISARI

Anemia pada gagal ginjal kronis (PGK) disebabkan oleh berbagai faktor, salah satunya adalah berkurangnya produksi eritropoietin. Salah satu terapi anemia pada PGK adalah terapi ESA (*Erythropoietin Stimulating Agent*). Tujuan penelitian ini adalah untuk mengetahui efektivitas terapi eritropoietin pada pasien PGK hemodialisis rawat jalan di RS Akademik Universitas Gadjah Mada. Penelitian ini dilakukan secara observasional analitik dengan rancangan *cross-sectional*. Pengambilan data dilakukan secara retrospektif pada pasien PGK dengan anemia di RS Akademik Universitas Gadjah Mada menggunakan data sekunder, yaitu rekam medis pasien dengan metode *consecutive sampling*. Sampel dipilih dengan kriteria inklusi, yaitu pasien berusia  $\geq 18$  tahun, mendapatkan terapi eritropoietin, melakukan hemodialisis rutin, dan terdapat data lengkap pada periode Mei 2023-November 2024. Efektivitas terapi anemia dinilai berdasarkan peningkatan kadar Hb dan Hct pada pasien dalam waktu 6 bulan. Analisis data dilakukan secara analitik dengan uji statistik *Paired t-Test* dan secara deskriptif berdasarkan data dari rekam medis pasien. Dalam penelitian ini, diperoleh 99 pasien PGK memenuhi kriteria inklusi. Hasil penelitian menunjukkan bahwa penggunaan epoetin alfa 3000 IU/ml sebesar 95,96% dan epoetin beta 2000 IU/ml sebesar 4,04%. Terapi tambahan untuk epoetin yang paling banyak digunakan adalah asam folat dengan persentase 92,93%. Hasil analisis luaran klinis menunjukkan terdapat perubahan rata-rata kadar Hb sebesar 0,75 g/dl dan Hct sebesar 1,69% setelah penggunaan eritropoietin selama 6 bulan. Berdasarkan hasil uji statistik diperoleh nilai  $p=0,000$  untuk perubahan kadar Hb dan Hct ( $p<0,05$ ), artinya ada perbedaan yang signifikan kadar Hb dan Hct setelah penggunaan terapi eritropoietin dalam 6 bulan.

**Kata kunci:** efektivitas, eritropoietin, gagal ginjal kronis, anemia

## ABSTRACT

*Anemia in chronic kidney disease is caused by various factors, one of which is reduced erythropoietin production. One of the anemia therapies in CKD is ESA (Erythropoietin Stimulating Agent) therapy. The purpose of this study was to determine the effectiveness of erythropoietin therapy in outpatient hemodialysis CKD patients at Universitas Gadjah Mada Academic Hospital. This study was conducted in an observational analytic with a cross-sectional design. Data were collected retrospectively from CKD patients with anemia at RS Akademik Universitas Gadjah Mada using secondary data, that is patient medical records with consecutive sampling method. Samples were selected with inclusion criteria, which are patients aged  $\geq 18$  years, receiving erythropoietin therapy, performing routine hemodialysis, and there was complete data in the period May 2023-November 2024. The effectiveness of anemia therapy was assessed based on the increase in Hb and Hct levels in patients within 6 months. Data analysis was performed analytically with the Paired t-Test statistical test and descriptively based on data from patient medical records. In this study, 99 CKD patients met the inclusion criteria. The results showed that the use of epoetin alfa 3000 IU/ml was 95.96% and epoetin beta 2000 IU/ml was 4.04%. The most widely used additional therapy for epoetin was folic acid with a percentage of 92.93%. The results of clinical outcome analysis showed that there was a change in the average Hb 0.75 g/dl and Hct 1.69% levels after the use of erythropoietin for 6 months. Based on the results of statistical tests obtained a value of  $p = 0.000$  for changes in Hb and Hct levels ( $p < 0.05$ ), meaning that there is a significant difference in Hb and Hct levels after the use of erythropoietin therapy in 6 months.*

**Keywords:** *effectiveness, erythropoietin, chronic kidney disease, anemia*