

## INTISARI

**Latar Belakang:** Penderita sirosis hati yang diikuti selama 10 tahun terdapat sekitar 50% mengalami komplikasi asites dengan *mortality rate* sebesar 50% dalam 2 tahun. Komplikasi lain yang juga sering terjadi adalah malnutrisi (65%-90%). Salah satu mekanisme terjadinya malnutrisi pada penderita sirosis hati adalah penurunan asupan makanan. Keberadaan asites dapat menurunkan asupan makanan sehingga diduga memiliki peran dalam terjadinya komplikasi malnutrisi. Metode penilaian status nutrisi yang sederhana, mudah, dan murah adalah pengukuran Lingkar Lengan Atas (LiLA).

**Tujuan :** untuk mengetahui hubungan antara keberadaan asites dan status nutrisi berdasarkan Lingkar Lengan Atas (LiLA) pada penderita sirosis hati

**Metodologi :** Penelitian ini merupakan studi potong lintang dengan pendekatan retrospektif. Data yang digunakan merupakan data sekunder yang didapatkan dari data dasar penelitian sebelumnya yang dilakukan di RSUP dr. Sardjito. Data tersebut diambil pada bulan Januari 2018 sampai dengan Juli 2018. Data tersebut meliputi hasil pemeriksaan keberadaan asites dan pengukuran LiLA yang telah dicatat dalam rekam medis. Hubungan antara keberadaan asites dan LiLA dianalisis dengan perangkat SPSS menggunakan uji *Mann-Whitney* pada LiLA skala ordinal dan uji *Chi Square* pada LiLA skala nominal.

**Hasil:** Subjek berjumlah 40 orang, diantaranya terdapat 24 (60%) orang laki-laki dan 16 (40%) orang perempuan. Rentang usia subjek penelitian 18–75 tahun dan rerata usia  $55,63 \pm 8,55$  tahun. Terdapat 28 orang (70%) penderita sirosis hati terjadi komplikasi asites dan 12 orang (30%) tidak terjadi asites. Proporsi LiLA yang tergolong malnutrisi, risiko malnutrisi, normal, obesitas, dan obesitas berat berturut-turut 12,5%, 30%, 32,5%, 22,5%, dan 2,5%. Hasil uji *Mann-Whitney* didapatkan nilai  $p=0,653$ . Hasil uji *Chi Square* didapatkan nilai  $p=0,530$  dan  $OR=0,647$ ;  $IK=0,166-2,527$ . Hal ini menunjukkan tidak terdapat hubungan yang signifikan antara keberadaan asites dan status nutrisi berdasarkan LiLA pada penderita sirosis hati.

**Kesimpulan:** Tidak terdapat hubungan antara keberadaan asites dan status nutrisi berdasarkan LiLA pada penderita sirosis hati.

**Kata Kunci :** Asites; Status Nutrisi; Lingkar Lengan Atas; Sirosis Hati

## ABSTRACT

### **Background:**

50% patients with liver cirrhosis, who are followed for 10 years, experience ascites complications with 50% mortality rate in 2 years. Another complication that also often occurs is malnutrition (65%-90%). One of the mechanisms for the occurrence of malnutrition in patients with liver cirrhosis is a decrease in food intake. The presence of ascites can reduce food intake and is thought to have a role in the occurrence of malnutrition complication. The method of nutritional status assessment which is simple, easy, and inexpensive is the measurement of the Mid-Upper Arm Circumference.

**Objective:** To determine the relationship between the presence of ascites and nutritional status based on the Mid-Upper Arm Circumference in patients with liver cirrhosis

**Method:** This study is a cross-sectional study with a retrospective approach. The data used was secondary data obtained from the previous research data conducted at RSUP dr. Sardjito. The data was taken from January 2018 to July 2018. The data consisted of ascites examination and MUAC measurement that have been recorded in medical records. The relationship between the presence of ascites and MUAC was analyzed using the Mann-Whitney test and the Chi Square test with SPSS software.

**Result:** Subjects total was 40 people with cirrhosis, 24 (60%) men and 16 (40%) women. Range of the age was 18–75 years and the age mean was of  $55.63 \pm 8.55$  years. There were 28 patients (70%) with ascites and 12 people (30%) with no ascites complication. The proportions of MUAC which categorized malnutrition, risk of malnutrition, normal, obesity, and severe obesity are in a row 12,5%, 30%, 32,5%, 22,5%, and 2,5%. The result of the Mann-Whitney test was p value= 0.653. The result of the Chi Square test were  $p = 0.530$  and  $OR = 0,647$ ;  $CI = 0,166-2,527$ . It meant there was no significant relationship between the presence of ascites and nutritional status based on MUAC in patients with liver cirrhosis.

**Conclusion:** There was no relationship between the presence of ascites and nutritional status based on Mid-Upper Arm Circumference (MUAC) in patients with liver cirrhosis.

**Keywords:** Ascites; Nutritional Status; Mid-Upper Arm Circumference; Liver Cirrhosis