



## INTISARI

Panhipopituitarisme merupakan sindrom klinis akibat insufisiensi produksi hormon tropik pituitari anterior maupun pituitari posterior, yang disebabkan oleh penyakit pada kelenjar pituitari maupun kelenjar hipotalamus. Insiden dari hipopituitari diperkirakan 4,2 per 100.000 orang pertahun. Tatalaksana hipopituitari dengan terapi sulih hormon, sesuai hormon yang mengalami defisiensi.

Telah dilakukan pendampingan selama 30 bulan terhadap seorang anak dengan panhipopituitari yang memiliki manifestasi klinis berupa defisiensi growth hormon, hipotiroid, defisiensi kortisol, defisiensi FSH dan LH dengan kondisi klinis short stature, mikropenis dan mikrotetis. Upaya yang dilakukan pada pasien: pemberian terapi growth hormon, l-thyroxin, hydrocortisone serta pemberian testosteron. Dilakukan pemantauan pertumbuhan dan perkembangan, intervensi dengan psikoedukasi dan konseling nutrisi. During the monitoring period, we found delayed puberty and we perform puberty induction with testosterone injection. In this publication a holistic management will be explained along with a literature review on panhipopituitari in children.

Kata kunci: Panhipopituitari, tatalaksana, holistik, anak



## **ABSTRAK**

Panhipopituitarism is a clinical syndrome due to insufficiency of anterior pituitary tropic and posterior pituitary hormone production, which is caused by diseases of the pituitary gland and the hypothalamus gland. The incidence of hypopituitary is estimated at 4.2 per 100,000 people per year. Management of hypopituitary is hormone replacement therapy, according to hormones that are deficient.

We have accompanied for 30 months, a child with panhipopituitari who has clinical manifestations of growth hormone deficiency, hypothyroidism, cortisol deficiency, FSH and LH deficiency with clinical findings of short stature, micropenis and microtestis. Efforts made on patients: administration of growth hormone therapy, l-thyroxin, hydrocortisone and administration of testosterone. Performed growth and development monitoring, intervention with psychoeducation and nutritional counseling. During the monitoring period, it was found that delayed puberty was given the intervention of puberty induction by injecting testosterone. In this publication a holistic management will be explained along with a literature review on panhipopituitari in children.

**Keywords:** Panhipopituitari, management, holistic, children