

FAKTOR RISIKO PENDARAHAN BERULANG VARISES ESOFAGUS PADA PENDERITA SIROSIS HATI DI RSUP DR. SARDJITO

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INTISARI

Latar Belakang : Sirosis hati merupakan kondisi patologis pada hati yang ditandai dengan pembentukan fibrosis dan perubahan arsitektur hati yang menyebabkan penurunan fungsi hati. Penderita sirosis hati dapat mengalami berbagai komplikasi. Salah satu komplikasi yang paling berbahaya adalah varises esofagus. Varises esofagus seringkali pecah dan menyebabkan pendarahan. Episode pendarahan berulang varises esofagus merupakan penyebab kematian yang cukup tinggi pada penderita sirosis hati. Oleh karena itu, perlu dilakukan studi lebih lanjut mengenai faktor risiko pendarahan berulang varises esofagus untuk mencegah terjadinya pendarahan berulang varises esofagus yang dapat menyebabkan kematian pada penderita sirosis hati.

Tujuan : Mengetahui gambaran faktor risiko yang berperan dalam kejadian pendarahan berulang varises esofagus pada penderita sirosis hati di RSUP Dr. Sardjito dan mengetahui proporsi masing-masing faktor risiko pendarahan berulang varises esofagus tersebut.

Metode : Penelitian retrospektif pada subjek rekam medis penderita sirosis hati rawat inap di Bangsal Penyakit Dalam RSUP Dr. Sardjito Yogyakarta. Data diperoleh dari Instalasi Catatan Medis RSUP Dr. Sardjito Yogyakarta. Data yang dicatat adalah dari periode Januari 2007 - Desember 2013 meliputi jenis kelamin, umur, adanya asites, derajat varises esofagus, tingkat keparahan penyakit sirosis hati, adanya trombositopenia, dan adanya peningkatan. Data dianalisis dengan komputer menggunakan uji hipotesis kai-kuadrat.

Hasil : Didapatkan data subjek penelitian sebanyak 42 rekam medis. Dari 42 rekam medis penderita sirosis hati tersebut, 35 penderita mengalami pendarahan berulang varises esofagus dan 7 penderita tidak

mengalami pendarahan berulang varises esofagus. Berdasarkan perhitungan statistik dengan uji Chi-Square, didapatkan hasil bahwa tingkat keparahan sirosis merupakan faktor risiko pendarahan berulang varises esofagus ($p=0,046$). Penderita sirosis hati dengan skor *Child-Pugh C* memiliki risiko 1,389 kali lebih besar untuk mengalami pendarahan berulang varises esofagus dibandingkan dengan penderita sirosis hati dengan skor *Child-Pugh A* maupun *B*.

Kesimpulan : Tingkat keparahan sirosis hati yang dinilai melalui skor *Child-Pugh* merupakan faktor risiko pendarahan berulang varises esofagus. Sedangkan jenis kelamin, usia, asites, derajat varises esofagus, trombositopenia, dan peningkatan INR tidak menunjukkan hasil yang bermakna secara statistik.

Kata kunci : sirosis hati, varises esofagus, risiko relatif.

**REPEATED BLEEDING RISK FACTORS OF ESOPHAGEAL VARICES IN
PATIENTS WITH CIRRHOSIS OF THE LIVER IN DR. SARDJITO
GENERAL HOSPITAL**

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ABSTRACT

Background: Liver cirrhosis is a pathological condition of the liver which is characterized by the formation of liver fibrosis and architectural changes that lead to a decrease in liver function. Patients with liver cirrhosis can experience a variety of complications. One of the most dangerous complication is esophageal varices. Esophageal varices often rupture and cause bleeding. Recurrent episodes of bleeding esophageal varices is a cause of high mortality in patients with liver cirrhosis. Therefore, it is necessary to further study on risk factors for recurrent bleeding esophageal varices to prevent recurrent bleeding esophageal varices that can cause death in patients with liver cirrhosis.

Objective: To know the description of risk factors that play a role in the incidence of recurrent bleeding esophageal varices in patients with cirrhosis of the liver in the Dr. Sardjito general hospital and determine the proportion of each risk factor for recurrent bleeding esophageal varices is.

Methods: A retrospective study on the subject of the medical records of patients with liver cirrhosis hospitalized in Ward Medicine Dr. Sardjito general hospital. Data were obtained from the Medical Records department of Installation Dr. Sardjito general hospital. The data recorded is from the period January 2007 - December 2013 include sex, age, presence of ascites, esophageal varices degree, severity of cirrhosis of the liver disease, the presence of thrombocytopenia, and elevated INR. Data were analyzed by computer using the chi-square test of hypothesis.

Results: Data obtained research subjects were 42 medical records. Of the 42 medical records of the patients with liver cirrhosis, 35 patients experienced recurrent

bleeding esophageal varices and 7 patients did not experience recurrent bleeding esophageal varices. Based on statistical calculations with Chi-Square test, showed that the severity of cirrhosis is a risk factor for recurrent bleeding esophageal varices ($p = 0.046$). Patients with liver cirrhosis with Child-Pugh score C has 1,389 times greater risk for recurrent bleeding esophageal varices compared with liver cirrhosis patients with Child-Pugh score A or B.

Conclusions: The severity of liver cirrhosis assessed by Child-Pugh score is a risk factor for recurrent bleeding esophageal varices. While gender, age, ascites, esophageal varices degree, thrombocytopenia, and increased INR did not show statistically significant results.

Keyword(s): liver cirrhosis, esophageal varices, the relative risk.