

INTISARI

Latar Belakang: Refluks laringofaring (RLF) didefinisikan sebagai aliran balik cairan lambung ke daerah laring dan faring sehingga menimbulkan gejala saluran aero digestif atas yang beragam. RLF terjadi pada sekitar 4% hingga 10% pasien yang melakukan pemeriksaan ke dokter Telinga Hidung Tenggorok (THT).

Tujuan Penelitian: Penelitian ini bertujuan untuk menentukan korelasi kadar pepsin pada saliva di kavum oris terhadap gejala dan tanda pasien refluks laringofaring.

Metode Penelitian: Jenis penelitian ini adalah analitik observasional crosssectional. Dilakukan pemeriksaan *reflux symptom index* (RSI) dan *reflux finding score* (RFS) pada 30 subyek penelitian di Poli Rawat Jalan THT-KL RSUP Dr. Sardjito Yogyakarta mulai Agustus-Desember 2020, kemudian dilakukan pemeriksaan kadar pepsin saliva dengan Teknik ELISA lalu dilakukan uji Spearman's Rho.

Hasil: Dari 30 responden yang terdiri dari laki-laki 15 orang (50%) dan perempuan 15 orang (50%), didapatkan kelompok usia terbanyak 48 – 57 tahun (26,7%), dengan rata-rata usia $42,60 \pm 14,47$ tahun. Nilai rerata RSI $14,73 \pm 2,64$, nilai rerata RFS $9,10 \pm 2,12$, dan pada semua sampel didapatkan pepsin (+) dengan nilai rerata kadar pepsin saliva $40,83 \pm 56,47$ ng/ml. Ada korelasi positif antara RSI dan pepsin saliva namun tidak bermakna secara statistik. Ada korelasi positif antara RFS dan pepsin saliva ($p < 0,05$) serta korelasi positif antara RSI dan RFS ($p < 0,05$).

Kesimpulan: Terdapat korelasi positif antara kadar pepsin saliva dengan RSI, namun tidak bermakna secara statistik. Terdapat korelasi positif antara kadar pepsin saliva dengan RFS dan secara statistik bermakna.

Kata kunci: refluks laringofaring, *reflux symptom index*, *reflux finding score*, pepsin saliva.

ABSTRAC

Background: Laryngopharyngeal reflux (RLF) is defined as the backflow of gastric fluid into the larynx and pharynx, causing various upper aerodigestive tract symptoms. RLF occurs in about 4% to 10% of patients who see an Ear Nose Throat (ENT) doctor.

Objectives: This study aimed to determine the correlation of pepsin levels in saliva in the oral cavity to the symptoms and signs of patients with laryngopharyngeal reflux.

Methods: This type of research is an analytic cross-sectional observation. The reflux symptom index (RSI) and reflux finding score (RFS) were examined on 30 research subjects at the ENT Outpatient Clinic, Dr. Sardjito Hospital Yogyakarta starting from August-December 2020, then the salivary pepsin level was checked with the ELISA technique and then the Spearman's Rho test was carried out.

Results: Of the 30 respondents consisting of 15 men (50%) and 15 women (50%), the highest age group was 48 – 57 years (26.7%), with an average age of 42.60 ± 14.47 years. The mean value of RSI is 14.73 ± 2.64 , the mean value of RFS is 9.10 ± 2.12 , and in all samples pepsin (+) is obtained with the mean salivary pepsin level of 40.83 ± 56.47 ng/ml. There was a positive correlation between RSI and salivary pepsin, but it was not statistically significant. There was a positive correlation between RFS and salivary pepsin ($p < 0.05$) and a positive correlation between RSI and RFS ($p < 0.05$).

Conclusion: There is a positive correlation between salivary pepsin levels and RSI, but it is not statistically significant. There is a positive correlation between salivary pepsin levels and RFS, and it is statistically significant.

Keywords: laryngopharyngeal reflux, reflux symptom index, reflux finding score, salivary pepsin.