

Luaran Grave's Hipertiroidisme pada Remaja: Laporan kasus

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INTISARI

Latar belakang : Hipertiroidisme adalah kondisi kelenjar tiroid terlalu banyak mensintesis dan mensekresi hormon tiroid atau tiroid yang hiperaktif (*overactive thyroid*). Lebih 90% kasus hipertiroidisme akibat dari Grave's hipertiroidisme (GH) dan nodul tiroid toksik. Prevalensi dan insiden GH di Indonesia belum diketahui. Perjalanan klinis GH sangat bervariasi dengan tingkat kekambuhan anak lebih tinggi daripada dewasa, dan tingkat remisi pada anak 11-49%.

Presentasi Kasus : Anak perempuan berusia 11 tahun terdiagnosis tiroiditis bilateral, dilakukan pemantauan selama 18 bulan dengan manifestasi klinis berkeringat, tremor, berdebar debar sejak 2 tahun yang lalu. Pemeriksaan fisik didapatkan adanya struma difuse mengikut gerak menelan dan tidak ada nyeri. Hasil pemeriksaan USG didapatkan nodul tiroiditis bilateral dengan hasil biopsi jarum halus nodul jinak. Pada awal pemantauan pemeriksaan antibodi terhadap reseptor TSH (TRAb) didapatkan hasil 495 mengarah ke graves hipertiroidisme. Terjadi perbaikan gejala klinis setelah mendapatkan thyrozole selama 18 bulan pada dosis 0,6-1 mg/kgbb/hari walaupun belum memenuhi kriteria remisi. Efek samping thyrozole dan komplikasi dari GH tidak terjadi. Kualitas hidup pasien yang dinilai dengan PedsQL setelah intervensi pemantauan aktivitas penyakit, pemantauan efek samping terapi dan komplikasi, pemantauan status gizi dan pemantauan psikososial remaja mengalami peningkatan. Pada awal pengamatan didapatkan nilai total kualitas hidup adalah 63,3% dan pada akhir pengamatan meningkat menjadi 73,7%.

Kesimpulan : Luaran GH bervariasi, pasien GH dengan terapi thyrozole telah dipantau selama 18 bulan didapatkan perbaikan gejala klinis namun angka remisi belum dapat dipastikan. Kualitas hidup pasien dengan GH dapat meningkat dengan intervensi terapi yang sesuai, pemantauan dan intervensi yang tepat.

Kata kunci: *Graves hipertiroidisme, Outcome, Adolescent, Thyrozole.*

The Outcome of Graves Hyperthyroidism in Adolescent : A Case report

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ABSTRACT

Background: The term of hyperthyroidism refers to the condition of thyroid gland where it synthesizes and secretes too much thyroid hormone or the condition of overactive thyroid. More than 90% of hyperthyroidism case is a result of Grave's hyperthyroidism (GH) and toxic thyroid nodule. In addition, symptoms of GH in children and adolescence are atypical with unknown incidence rate. The clinical course of GH varies greatly with a remission rate for children being around 11-49%.

Case Presentation: An 11-year-old girl diagnosed with bilateral thyroiditis, was monitored for 18 months with clinical manifestations of sweating, tremors, palpitations since 2 years. Physical examination revealed a diffuse goiter following swallowing and no pain. Ultrasound revealed bilateral thyroiditis nodules with fine needle biopsy of benign nodules. At the beginning of monitoring, the TSH receptor antibody (TRAb) examination showed 495 results suggesting graves of hyperthyroidism (GH). There was an improvement in clinical symptoms after receiving thyrozole for 18 months at a dose of 0.6-1 mg/kg/day even though it did not meet the criteria for remission. Thyrozole side effects and complications from GH did not occur. The quality of life of patients assessed by PedsQL after the intervention of disease activity monitoring, monitoring of therapy side effects and complications, monitoring of nutritional status and psychosocial monitoring of adolescents has improved. At the beginning of the observation, the total value of quality of life was 63.3% and at the end of the observation it increased to 73.7%.

Conclusion : The outcome of GH varies, thus GH patients with thyrozole therapy have been monitored for 18 months was improved symptoms but remission rates have not been ascertained. However, the quality of life of patients with GH can improve with appropriate therapeutic interventions, proper monitoring and interventions.

Keywords: *Graves hipertiroidisme, Outcome, Adolescent, Thyrozole.*