

Uji kelayakan medik masker dalam menurunkan petanda rinitis pada pekerja yang terpajan kromium

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Abstrak

Pendahuluan : Sebuah penelitian randomized single blind clinical trial dilakukan untuk menguji efektivitas uji kelayakan medik masker dalam menurunkan petanda rinitis yang dipicu kromium pada pengelas baja stainless serta menilai kenyamanan pemakaian masker. Petanda rinitis pada 38 responden ditentukan dengan membandingkan nilai skor Weber dari apus neutrofil mnkosa hldung dalam 1 shift kerja. Kenyamanan pernakaian masker dinilai dengan kuesioner. Responden yang menggunakan masker biasa mengalami kenalkan nilai skor Weber yang bermakna dibandingkan dengan yang menggunakan masker layak medik (Jr0,047). Masker layak medik juga lebih nyaman digunakan dibanding masker biasa (,022) terbnkti efektif dalam menurunkan petanda rinitis pada pengelas baja stainless dan nyaman digunakan.

Metode: Penelitian ini menggunakan desain randomized clinical trial dan cross over dengan tersamar tunggal terhadap nilai apus neutrofil, antara kelompok pekerja yang menggunakan masker teruji layak medik dan kelompok pekerja pengguna masker tanpa uji layak medik. Pengukuran dilakukan pada 38 responden. Skor Weber dibandingkan sebelum dan sesudah kerja dalrun 1 shift. Kenyamanan dinilai dengan kuesioner. Uji layak medik masker dilakukan dengan metode kualitatif dengan instrumen FT 30 bitter dari 3M. Kadar kromium diukur dengan metode pada kelompok pekerja yang menggunakan masker layak medik dibandingkan dengan yang tidak menggunakan masker layak medik (p=0,047). Masker layak medik lebih nyaman digunakan dibanding masker tidak layak medik (p=0,022).

Kesimpulan: Masker layak medik terbukti efektif menurunkan petanda rinitis pada pekerja pengelas baja stainless dan nyaman digunakan, sehingga diharapkan dapat meningkatkan kepatuhan pekerja dalam pemakaiannya.

Introduction: A randomized single blind clinical trial was carried out to evaluate the effect of a mask fit test aimed at reducing the marker of rhinitis induced by chromium in stainless steel welder and find the comfortable of mask used. Marker of rhinitis in 38 subjects was determined by comparing the score of Weber from neutrophil nasal swab across the shift. Mask comfort response was determined by questionnaire. Subject who wear unfit mask had significant increase of Weber score than fit mask user (p=0,047). The fit mask was more comfortable than unfit mask (p=0,02). The mask fit test was proved to be effective in reducing marker of rhinitis among stainless steel welder and comfort to be wearied.

Methods: This research was conducted on randomized clinical trial (cross over) design with single blind at neutrophil nasal swab evaluator between workers who wore fit mask and workers who wore unfit mask. Weber score was measured on 38 respondents. Weber score comparing before and after working in a work shift. The convenience of mask usage was assessed by questionnaire. Mask fit-testing was conducted by qualitative method with FT-30 bitter instrument from 3M. Chromium level at working environment was measured by NIOSH 7072-1994 method.

Results: The rate of chromium in the working environment was 0.003452 mg/m³. When workers wore unfit mask, the Weber score fell down in 23% respondent, fixed in 58% respondents and were up in 19%

respondents. When workers worn fit mask, the Weber score felt down in 42% respondents, fixed in 50% respondents and were up in 8% respondents. The proportion of the Weber score felt down in 42 % respondents, fixed in 50 % reson dents and were up in 8 % respondents. The proportion of workers who had decline in Weber score greater in fit mask user than unfit mask user ($p=0.047$). The well fitting mask more comfortable than unfit mask ($p=0.022$).</i>