

# Anemia pada pasien pasca tuberkulosis dan faktor faktor yang berhubungan di kabupaten timor tengah selatan nusa tenggara timur = Anemia in post tuberculosis patient and its associated factors in timor tengah selatan district nusa tenggara timur

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## Abstrak

Penatalaksanaan standar tuberkulosis (TB) yang disusun WHO memiliki tingkat keberhasilan yang tinggi. Namun, masalah kesehatan pasien pasca-TB, seperti anemia, belum banyak diketahui. Padahal, anemia merupakan masalah kesehatan yang umum pada pasien TB dan dapat terjadi persisten bahkan setelah pengobatan selesai. Penelitian ini bertujuan mengetahui prevalensi dan gambaran anemia pada pasien pasca-TB serta faktor-faktor yang berhubungan. Pada penelitian cross sectional ini, subjek diambil dari 3 kecamatan di Kabupaten Timor Tengah Selatan dengan metode total sampling. Karakteristik subjek dan gambaran klinis didapat dari wawancara menggunakan kuesioner. Data gambaran radiologis didapat dari foto polos toraks. Kadar hemoglobin dan laju endap darah (LED) diperoleh dari pemeriksaan darah perifer lengkap.

Data indeks massa tubuh (IMT) diperoleh dari pengukuran antropometri. Dari 78 sampel, didapatkan prevalensi anemia pada pasien pasca TB sebesar 19,2% yang terdiri dari anemia mikrositik hipokrom (60%) dan normositik normokrom. Tidak terdapat hubungan antara anemia dengan gambaran klinis, baik batuk, demam atau keringat malam, sesak napas, dan nyeri dada ( $p>0,05$ ). Anemia juga tidak berhubungan dengan gambaran infiltrat, kavitas, maupun peningkatan LED ( $p>0,05$ ). Terdapat hubungan antara  $IMT<18,5$  kg/m<sup>2</sup> dengan anemia ( $p=0,013$ ), OR 5,0 (95% CI 1,28-19,46). Anemia masih menjadi masalah kesehatan pada pasien pasca-TB dan berhubungan dengan rendahnya status gizi pada pasien pasca-TB.

.....Standard tuberculosis (TB) treatment that has been established by WHO has high success rate. Yet, health problem among post-TB patient, such as anemia, has not been studied, though anemia is common health problem in TB patient and can persists even after successful treatment. The study aimed to find out prevalence of anemia in post-TB patients and its associated factors. In this cross sectional study, subject was enrolled from 3 subdistrict in Timor Tengah Selatan district, using total sampling method. Subject characteristic and clinical presentation of TB was obtained by interview based on questionnaire. Data of radiologic finding was collected by conducting chest X-Ray. Hemoglobin level and erythrocyte sedimentation rate (ESR) was obtained from complete blood count.

Body mass index (BMI) is calculated from anthropometric measurement. Involving 78 subject, this study found prevalence of anemia in post-TB patient is 19,2% consisted of normositic normochromic (60%) and micrositic hypochromic anemia. Neither cough, fever or night sweat, breath difficulty nor chest pain has associaton with anemia ( $p>0,05$ ). Anemia also has no association with infiltrate, cavity, and elevated ESR ( $p>0,05$ ). There is association between BMI  $<18,5$  kg/m<sup>2</sup> and anemia ( $p=0,013$ ), OR 5,0 (95% CI 1,28-19,46). Anemia still become a health problem for post-TB patient and it is associated with poor nutritional status among post-TB patient.