

Penambahan fototerapi light emitting diode kombinasi sinar biru dan merah pada paduan terapi lini pertama dibandingkan dengan tanpa fototerapi pada pasien akne vulgaris derajat sedang analisis efektivitas keamanan dan efektivitas biaya = Adjuvant of blue and red light combination latar belakang aknelight emitting diode phototherapy to first line therapy regiment compared with no phototerapy in moderate acne vulgaris patients an analysis of effectivity safety and cost effectiveness

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Abstrak

Latar belakang. Akne vulgaris adalah kelainan kulit yang sering ditemukan dengan beragam pilihan terapi. Tujuan. Membandingkan penambahan fototerapi LED kombinasi sinar biru dan merah pada paduan terapi lini pertama dengan tanpa fototerapi pada akne vulgaris derajat sedang (AVS). Metode. Penelitian analitik dengan desain uji klinis acak terkontrol membandingkan dua sisi wajah (split-face). Subyek diberikan paduan terapi lini pertama. Sisi wajah fototerapi diberikan fototerapi LED kombinasi sinar biru dan merah satu kali per minggu selama empat minggu berturutan, sedangkan sisi wajah kontrol tanpa fototerapi. Hasil. Pada minggu ke-4 dan 8, efektivitas penambahan fototerapi berbeda bermakna dibandingkan dengan tanpa fototerapi pada lesi noninflamasi (54,42% dan 75,59%) maupun pada lesi inflamasi (75% dan 89,44%). Efek samping minimal dan bersifat sementara. Rasio inkremental efektivitas-biaya sebesar Rp. 19.447,- untuk mendapatkan perbedaan persentase penurunan jumlah lesi AVS 1% lebih besar. Kesimpulan. Penambahan fototerapi LED kombinasi sinar biru dan merah pada paduan terapi lini pertama AVS lebih efektif, aman, namun tidak memiliki efektivitas-biaya lebih baik dibandingkan dengan tanpa fototerapi.

Background. Acne vulgaris is a common disease with varied therapeutic regiments. Aim. To compare adjuvant of blue and red light combination light emitting diode (LED) phototherapy to first line therapy regiment with no phototherapy in moderate acne vulgaris patients. Method. This is an analytic study with randomized control trial design comparing both half-face (split-face). Subjects were given first line therapy regiment. Half-face was given blue and red light combination LED phototherapy once a week for four weeks, while the other half-face with no phototherapy. Result. Significant reductions achieved between phototherapy effectivities compared to no photo therapy at 4th and 8th weeks in noninflamed lesions (54,42% and 75,59%) as in inflamed lesions (75% and 89,44%). Side effects are minimal and temporary. Cost-effectiveness ratio is Rp. 19.447,- to gain more 1% percentage reduction in lesion count . Conclusion. Adjuvant of blue and red light combination LED phototherapy to first line therapy regiment is more effective, safe, but doesn't have better costeffectiveness compared with no phototherapy.