

Perbandingan efikasi krim urea 10 dengan salap Vaseline album pada kulit kering pasien kusta dalam multi drug therapy multibasiler = A comparison of urea 10 cream vs petrolatum ointment on leprosy patient with dry skin on multibacillary multidrug therapy

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Abstrak

Latar belakang. Kulit kering merupakan keluhan yang sering dihadapi pasien kusta, akibat kerusakan saraf otonom atau terapi yang didapat.

Tujuan. Membandingkan efikasi vaselin album dengan urea 10% sebagai terapi kulit kering pasien kusta.

Metode. Uji klinis acak tersamar ganda. Subjek penelitian dibagi dua kelompok, yaitu kelompok urea 10% dan kelompok vaselin album. Evaluasi dilakukan dalam 2 dan 4 minggu terapi dengan mengukur transepidermal waterloss (TEWL) dan skor kulit kering (SRRC) pada tungkai bawah.

Hasil. Sebanyak 48 subjek penelitian (SP) mengikuti penelitian, 24 SP mendapat vaselin album dan 24 SP mendapat krim urea 10%. Nilai TEWL pada kedua kelompok menurun secara bermakna sebelum dan sesudah terapi. Penurunan tidak berbeda bermakna antara kedua kelompok, (6,53 kelompok vaselin album versus 6,45 kelompok urea 10%). Skor SRRC menurun secara bermakna pada kedua kelompok sebelum dan sesudah terapi 2 dan 4 minggu. Penurunan skor SRRC tidak berbeda bermakna antara kedua kelompok, (2,5 dan 3,5 pada kelompok vaselin album versus 3 dan 3 pada kelompok urea).

Kesimpulan. Kedua pelembab mampu menurunkan TEWL dan SRRC pasien kusta secara bermakna. Tetapi perubahan nilai tersebut tidak berbeda bermakna antara kelompok pengguna salap vaselin album ataupun krim urea 10%.

Background. Dry skin is a common problem in leprosy patient, due to destruction of autonom nerve or side effect of therapy.

Aim. Compare the efficacy of urea 10% cream versus petrolatum ointment on leprosy patient with dry skin.

Method. Double blinded randomnized controlled study participant were divided into two group, either received petrolatum ointment or urea 10% cream. Evaluation was done after 2 and 4 weeks treatment by measuring transepidermal waterloss (TEWL) and dry skin score (SRRC).

Result. 48 participant enrolled in the study, 24 received urea 10% cream while 24 received petrolatum. TEWL value in both groups were reduced significantly before and after medication. The difference was not significant in both groups (6.53 in vaselin group and 6.45 in urea group). SRRC score in both groups were reduced significantly before and after 2 and 4 weeks medication. The difference was also not significant in both groups (2,5 and 3,5 in vaselin group versus 3 and 3 in urea group).

Conclusion. Both moisturizers significantly reduce TEWL and dry skin score. There was no significantly difference in reduction between vaselin album ointment and urea 10% cream.</i>