Kadar high-sensitivity C-Reactive Protein (hs-CRP) pada Ibu Hamil Trimester Satu dan Hubungannya dengan Indeks Massa Tubuh = High sensitivity C-Reactive protein level in first trimester pregnant women and its correlation with body mass index

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Abstrak

C-Reactive Protein merupakan protein penanda biologis yang jumlahnya akan meningkat ketika terjadi proses inflamasi di dalam tubuh. Pada kehamilan, proses inflamasi merupakan proses fisiologis namun tentunya dalam batas normal. Status gizi maternal dipercaya memiliki hubungan dengan proses inflamasi yang terjadi. Penelitian ini bertujuan untuk melihat hubungan antara kadar high-sensitivity C-Reactive Protein (hs-CRP) pada ibu hamil trimester satu dengan indeks massa tubuh. Penelitian ini dilakukan dengan metode studi potong lintang dengan jumlah subjek penelitian 62 responden yang dipilih berdasarkan sistem simple random sampling.
Dari penelitian ini didapatkan hasil median kadar hs-CRP adalah 2,95 mg/L (0,30-35,30 mg/L). Penelitian ini menggunakan cut-off kadar hs-CRP 5 mg/L dan didapatkan hasil 32,3% subjek memiliki kadar yang tinggi. Indeks massa tubuh ibu hamil trimester pertama ini memiliki nilai rerata 23,68±3,73 kg/m2. Data kemudian dicari korelasinya dengan uji Pearson. Terdapat korelasi sedang positif antara kadar hs-CRP dengan indeks massa tubuh ibu hamil trimester satu (r = 0,435, p = < 0,001). Dapat disimpulkan bahwa semakin tinggi nilai indeks massa tubuh, maka semakin tinggi kadar hs-CRP pada ibu hamil trimester satu.
.....C-Reactive Protein (CRP) is a biomarker protein which increases during inflammation. During pregnancy, there is a physiologic amount of inflammation which increases CRP. Maternal nutrition status is known to be associated with the inflammatory process and pregnancy outcome. The objective of this study was to find the normal value of high-sensitivity C-Reactive Protein (hs-CRP) in first trimester pregnancy and its association with body mass index. This study used cross-sectional design with 62 first trimester pregnant women as subjects. The subjects were chosen using simple random sampling method.
It was found that the median serum level of hs-CRP in the subjects was 2.95 mg/L (0.30-35.30 mg/L). The cut-off point of hs-CRP level in this study was 5 mg/L. There were 32.3 % subjects who had higher hs-CRP value. The mean body mass index was 23.68±3.73 kg/m2. Pearson analysis demonstrated medium correlation between the level of hs-CRP and body mass index in first trimester pregnant women (r = 0.435, p = < 0.001). In conclusion, higher body mass index was associated with the higher hs-CRP level in first trimester pregnant women.