

Pengaruh terapi akupunktur terhadap uremik pruritus pada pasien hemodialisis = Effect of acupuncture treatment for uremic pruritus in hemodialysis patients

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Abstrak

[ABSTRAK

Uremik pruritus masih menjadi masalah dan mengurangi kualitas hidup pada pasien hemodialisis, meskipun telah banyak kemajuan dalam teknik dialisis, serta terapi yang ada belum memberikan hasil yang maksimal. Terapi akupunktur dapat dikembangkan sebagai terapi pendamping pada terapi hemodialisis untuk mengurangi gejala uremik pruritus. Penelitian ini merupakan penelitian akupunktur pertama di Indonesia dengan subyek pasien hemodialisis. Tiga puluh tujuh pasien hemodialisis dengan uremik pruritus dibagi dalam dua kelompok secara acak, kelompok akupunktur (n=18) mendapat terapi akupunktur pada titik tunggal LI11 Quchi, sementara kelompok kontrol (n=19) menggunakan jarum plasebo The Park Sham Device. Terapi akupunktur dilakukan saat hemodialisis, seminggu dua kali sebanyak 12 kali. Skor pruritus dinilai menggunakan kuesioner pruritus 5D sebelum terapi, setelah terapi ke-4, ke-8 dan setelah terapi ke-12, serta penilaian lanjutan 4 dan 8 minggu setelah terapi selesai. Perbedaan bermakna skor pruritus 5D antara kelompok akupunktur dan kelompok kontrol terjadi setelah akhir terapi akupunktur ($7,89 \pm 0,832$ vs $10,63 \pm 3,166$; $p=0,003$) dan penilaian lanjutan 4 minggu setelah terapi selesai ($8,06 \pm 1,830$ vs $10,95 \pm 3,341$; $p=0,001$). Terapi akupunktur efektif menurunkan skor uremik pruritus pada pasien hemodialisis yang menjalani dialisis seminggu dua kali.

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ABSTRACT

Uremic pruritus still gives problems for hemodialysis patients especially to reducing their quality of life, although it has been many advancements in dialysis techniques, recent therapies not yet provide optimum results. Acupuncture has a role as a complement in hemodialysis therapy to alleviate the symptoms of uremic pruritus in hemodialysis patients. This study is the first acupuncture research in Indonesia with the subject of hemodialysis patients. Thirty-seven hemodialysis patients with uremic pruritus were divided randomly into two groups, the acupuncture group (n = 18) received acupuncture treatment at a single point LI11 Quchi, while the control group (n = 19) using a placebo needle The Park Sham Device. Acupuncture treatment was done simultaneously with hemodialysis therapy, twice a week for 12 times. The pruritus scores was assessed using a 5D pruritus questionnaire before treatment, after 4th, 8th, 12th acupuncture treatment and at 4 and 8 weeks follow up. Significant differences 5D pruritus scores between the acupuncture group and the control group occurred after the end of acupuncture treatment (7.89 ± 0.832 vs 10.63 ± 3.166 ; $p = 0.003$) and at 4 weeks follow up (8.06 ± 1.830 vs. 10.95 ± 3.341 ; $p = 0.001$). Acupuncture treatment is effective in lowering the score of uremic pruritus in hemodialysis patients who undergo dialysis twice a week.; Uremic pruritus still gives problems for hemodialysis patients especially to reducing their quality of life, although it has been many advancements in dialysis techniques, recent therapies not yet provide optimum results. Acupuncture has a role as a complement in hemodialysis therapy to alleviate the symptoms of uremic pruritus in hemodialysis patients. This study is the first acupuncture research in

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