

## Proteinuria asimtomatik pada siswa Sekolah Menengah Pertama di Jakarta = Asymptomatic proteinuria in dolescent students in Jakarta

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### Abstrak

[<b>ABSTRAK</b><br> Nama Nanda Wulandari Program studi Pendidikan Dokter Spesialis Ilmu Kesehatan Anak Judul Proteinuria asimtomatik pada remaja siswa sekolah menengah pertama di Jakarta Latar belakang Penyakit ginjal dapat terjadi tanpa gejala dan tanda yang jelas dan beberapa di antaranya dapat berkembang menjadi gagal ginjal kronik yang ireversibel Deteksi dini penyakit ginjal pada anak dapat membantu mencegah atau menunda progresivitas penyakit menurunkan jumlah pasien gagal ginjal terminal dan menurunkan angka kesakitan dan kematian Proteinuria asimtomatik dan atau hematuria seringkali merupakan manifestasi awal glomerulonefritis kronik Skrining urin massal untuk mendeteksi proteinuria merupakan salah satu cara terbaik untuk mendiagnosis dini penyakit ginjal Tujuan Mengetahui prevalensi proteinuria asimtomatik pada remaja di Indonesia Metode Penelitian ini menggunakan desain potong lintang pada 485 anak remaja siswa SMP usia 12-14 tahun Skrining proteinuria dilakukan sebanyak 3 kali menggunakan carik celup Anak yang terdapat proteinuria pada pemeriksaan pertama dilakukan pemeriksaan ulang dengan jarak 2-3 minggu Pemeriksaan ketiga dilakukan pada hari yang sama dengan pemeriksaan kedua Pemeriksaan rasio protein kreatinin dari urin sewaktu dilakukan pada anak yang terdapat proteinuria pada pemeriksaan carik celup kedua Proteinuria bila carik celup protein  $\geq 1$  dan rasio protein kreatinin  $0-2$  mg/mg Hasil Dari 485 subjek penelitian didapatkan 36 subjek (7,42%) dengan proteinuria pada pemeriksaan urin pertama menggunakan carik celup Pada pemeriksaan urin kedua didapatkan 7 subjek yang proteinuriannya tetap positif Pada ketujuh orang tersebut dilakukan pemeriksaan rasio protein kreatinin dari urin sewaktu dan didapatkan 3 orang subjek dengan rasio  $0-2$  mg/mg Ketiga orang dengan rasio protein kreatinin  $0-2$  mg/mg proteinnya juga positif pada pemeriksaan urin ketiga menggunakan carik celup dan disebut sebagai proteinuria persisten dengan prevalensi 0,62 Terdapat 5 subjek dengan proteinuria positif pada pemeriksaan urin pertama dan ketiga namun negatif pada pemeriksaan urin kedua dan disebut sebagai proteinuria ortostatik dengan prevalensi 1,03 Subjek dengan proteinuria positif namun tidak mengalami proteinuria persisten ataupun ortostatik disebut sebagai proteinuria transien dengan prevalensi 5,77 Simpulan Prevalensi proteinuria asimtomatik pada remaja usia 12-14 tahun di Jakarta adalah sebesar 7,42% dan prevalensi proteinuria persisten asimtomatik sebesar 0,62 Prevalensi proteinuria ortostatik postural adalah 1,03 Prevalensi proteinuria transien didapatkan sebesar 5,77 Kata kunci proteinuria asimtomatik prevalensi remaja <b>ABSTRACT</b><br> Name Nanda Wulandari Study Program Pediatrics Residency Training Program Title Asymptomatic proteinuria in adolescent students in Jakarta Background Kidney diseases may develop without obvious symptoms but just with abnormal urinalysis such as asymptomatic proteinuria Glomerulonephritis may further progress insidiously and even develop to end stage renal disease Therefore regular population based urinary screenings of the pediatric population is important With urinalysis asymptomatic children with chronic progressive glomerulonephritis have a chance to be early detected diagnosed and treated Objective To determine the prevalence of asymptomatic proteinuria in adolescents in Indonesia Methods This was a cross sectional study involving 485 children aged 12-14 years

conducted to junior high school students Proteinuria was detected on three occasions by dipstick with interval 2-3 weeks between first and second screening The third screening conducted on the same day with second screening Children with proteinuria on second screening examined further for urine protein creatinine ratio Proteinuria if dipstick shows protein  $\geq 1$  and urine protein creatinine ratio  $0.2 \text{ mg/mg}$

Results Proteinuria were found in 36.74% children in first urine screening with dipstick On second screening there were 7 children who still positive for proteinuria All seven children were tested for urine protein creatinine ratio Three children had urine protein creatinine ratio  $0.2 \text{ mg/mg}$  These three children also had proteinuria in the third specimen and considered persistent proteinuria 0.62 There were 5 children with positive proteinuria in the first and third specimens but no proteinuria in second screening considered as orthostatic proteinuria with prevalence 1.03 Subject with proteinuria but not persistent or orthostatic considered as transient proteinuria with prevalence 5.77

Conclusions The prevalence of asymptomatic proteinuria in adolescent students in Jakarta were 7.42% and the prevalence of asymptomatic persistent proteinuria were 0.62 The orthostatic proteinuria prevalence were 1.03 The transient proteinuria prevalence were 5.77

Keywords asymptomatic proteinuria prevalence adolescent, ABSTRACT Name Nanda Wulandari Study Program Pediatrics Residency Training Program Title Asymptomatic proteinuria in adolescent students in Jakarta Background Kidney diseases may develop without obvious symptoms but just with abnormal urinalysis such as asymptomatic proteinuria Glomerulonephritis may further progress insidiously and even develop to end stage renal disease Therefore regular population based urinary screenings of the pediatric population is important With urinalysis asymptomatic children with chronic progressive glomerulonephritis have a chance to be early detected diagnosed and treated Objective To determine the prevalence of asymptomatic proteinuria in adolescents in Indonesia Methods This was a cross sectional study involving 485 children aged 12-14 years conducted to junior high school students Proteinuria was detected on three occasions by dipstick with interval 2-3 weeks between first and second screening The third screening conducted on the same day with second screening Children with proteinuria on second screening examined further for urine protein creatinine ratio Proteinuria if dipstick shows protein  $\geq 1$  and urine protein creatinine ratio  $0.2 \text{ mg/mg}$  Results Proteinuria were found in 36.74% children in first urine screening with dipstick On second screening there were 7 children who still positive for proteinuria All seven children were tested for urine protein creatinine ratio Three children had urine protein creatinine ratio  $0.2 \text{ mg/mg}$  These three children also had proteinuria in the third specimen and considered persistent proteinuria 0.62 There were 5 children with positive proteinuria in the first and third specimens but no proteinuria in second screening considered as orthostatic proteinuria with prevalence 1.03 Subject with proteinuria but not persistent or orthostatic considered as transient proteinuria with prevalence 5.77

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