Hubungan pajanan sinar matahari dengan kejadian pterigium pada pekerja = Relationship between sunlight exposure and incidence of pterygium among workers

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Abstrak

ABSTRAK
Latar Belakang: Pterigium merupakan suatu pertumbuhan fibrovaskular konjungtiva yang bersifat degeneratif dan invasif. Penyebab pterigium tidak diketahui dengan pasti, namun pajanan sinar matahari diduga merupakan penyebab utama terjadinya pterigium.
Tujuan: Mengetahui hubungan pajanan sinar matahari dengan kejadian pterigium pada pekerja.
Metode: Penelusuran melalui Pubmed dan Google scholar. Judul dan abstrak yang didapatkan kemudian disaring berdasarkan kriteria inklusi dan eksklusi yang telah ditentukan sebelumnya. Telaah kritis dilakukan dengan menggunakan kriteria oleh Center for Evidence Based Medicine, University of Oxford yang mencakup validitas, pentingnya penelitian dan kemampu terapan hasil penelitian.
Hasil: Hasil penelusuran mendapatkan dua artikel yang cukup valid. Pada kedua penelitian tiap kelompok sudah disamakan menurut usia dan jenis kelamin. Semua subyek penelitian pada kelompok kasus dan kontrol diambil dari klinik yang sama dan mendapatkan cara pemeriksaan yang sama. Penilaian kepentingan studi digambarkan dengan nilai odds ratio (OR), pada penelitian Khoo dkk. OR = 4,2 (interval kepercayaan 95% 1,7-10,1). Penelitian Al-Bdour dan Al-latayfeh didapatkan nilai OR yaitu 5,47 (interval kepercayaan 95% 3,3-9,1), p < 0,005. Kedua penelitian mempunyai number needed to harm (NNH) yang hampir sama yaitu 3.
Kesimpulan: Berdasarkan bukti yang ada pajanan sinar matahari dapat meningkatkan terjadinya ptergium pada pekerja, tapi hanya mendapatkan dua penelitian yang cukup valid dan relevan, sehingga bukti yang ada masih belum cukup kuat.
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ABSTRACT
Background: Pterygium is a degenerative and invasive fibrovascular conjunctival growth. The exact cause of pterygium is unknown. However, sun exposure is likely to be the major cause.
Aim: To determine the relationship between sun exposure and incidence of pterygium among workers.
Methods: Articles search was conducted using Pubmed and Google scholar. Titles and abstracts were obtained and then screened based on inclusion and exclusion criteria. Critical appraisal was conducted using criteria by Center for Evidence Based Medicine, University of Oxford which include validity, importance and applicability.
Results: Search result point to studies are quite valid. In both studies all subjects were group-matched for age and sex. Both subjects in the case group and the control group were taken from the same clinic and the examination were carried out in a similar manner in both groups. The odds ratio in the Khoo et al. study was 4.2 (95% confidence interval 1.7 to 10.1). While in the Al-Bdour dan Al-latayfeh study the odds ratio was 5.47 (95% confidence interval 3.3 to 9.1), p <0.005. Both studies showed that number needed to harm (NNH) were almost similar which were 3.

Conclusions: The evidence found that exposure to sunlight may increase the occurrence of pterygium among workers, but only found two studies are quite valid and relevant, so the evidence is still not strong enough.