

## Hubungan kadar vitamin D dengan tingkat keparahan rinitis alergi pada anak usia 6-18 tahun = Association between vitamin D serum level and severity level of allergic rhinitis in children age 6-18 years

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### Abstrak

#### <b>ABSTRAK</b>

Latar belakang: Rinitis alergi RA merupakan masalah kesehatan global dengan prevalensi tinggi pada anak. Akhir-akhir ini, kekurangan vitamin D pada anak dipercaya berhubungan dengan disregulasi sistem imun, yang berujung pada makin beratnya RA. Analisis hubungan antara kadar vitamin D dan keparahan RA diperlukan untuk mencegah komplikasi lebih lanjut. Tujuan: 1 Mengetahui rerata kadar vitamin D pada anak dengan rinitis alergi; 2 Membandingkan rerata kadar vitamin D pada anak dengan rinitis alergi dan anak pada populasi normal; 3 Mengetahui rerata kadar 25 OH D serum sesuai dengan tingkat keparahan rinitis alergi. Metode: Penelitian potong lintang pada 60 anak usia 6-18 tahun yang memenuhi kriteria inklusi dan berkunjung ke RSCM dan RSI Pondok Kopi. Seluruh subyek dibagi menjadi kelompok rinitis alergi n=30 dan kontrol n=30. Kemudian, dilakukan pemeriksaan kadar 25 OH D serum dengan cara CLIA chemiluminescence immunoassay. Kadar 25 OH D serum normal, insufisiensi, dan defisiensi lalu dihubungkan dengan RA berdasarkan lama gejala yaitu intermiten dan persisten. Hasil: Rerata kadar vitamin D pada anak dengan rinitis alergi didapatkan 17,75 SB 5,60 ng/mL. Tidak terdapat perbedaan bermakna antara rerata kadar vitamin D di kelompok RA 17,75 5,60 ng/mL dengan kelompok kontrol 19,22 6,11 ng/mL, p=0,336. Didapatkan hubungan bermakna antara rerata kadar vitamin D pada rinitis intermiten 22,82 4,59 ng/mL dengan rinitis persisten 15,22 4,19 ng/mL, p

#### <i><b>ABSTRACT</b></i>

Background. Allergic rhinitis AR was a global health problem with high prevalence in children. Recently, vitamin D deficiency in children was found to have a correlation with immune system dysregulation, which leads to more severe symptoms of AR. Association between vitamin D serum level and AR incidence is needed to prevent further complications. Aim. 1 to recognize mean vitamin D serum level in children with AR 2 to compare mean vitamin D serum level in children with AR and normal children population 3 to find out mean vitamin D serum level according to severity level of AR. Methods. A cross sectional study was performed in 60 children aged 6 18 years old, who meet the inclusion criteria and visit CM hospital and Islamic Pondok Kopi hospital. All subjects were divided into 2 groups AR group n 30 and control group n 30. Blood were taken for 25 OH D serum level examination with CLIA method. Association between 25 OH D serum level normal, insufficiency, deficiency and severity level of AR intermittent and persistent was then being analyzed. Results. Mean vitamin D serum level in children with AR was 17,75 SD 5,60 ng mL. There was no significant difference between mean vitamin D serum level in AR group 17,75 5,60 ng mL and control group 19,22 6,11 ng mL, p 0,336. Association was found between mean vitamin D serum level in intermittent rhinitis 22,82 4,59 ng mL and persistent rhinitis 15,22 4,19 ng mL, p<i>