

Profil kadar vitamin D dan peran terapi suplementasi pada anak epilepsi = Vitamin D profile and supplementation therapy in epileptic children

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Abstrak

Latar belakang : Pemakaian obat anti epilepsi jangka panjang dikaitkan dengan kekerapan terjadinya defisiensi vitamin D, Suplementasi vitamin D dapat meningkatkan kadar 25 OH D sehingga menurunkan angka morbiditasnya.

Tujuan : Mengetahui profil vitamin D pada anak epilepsi dan mengetahui efektivitas terapi suplementasi vitamin D.

Metode : Analisa before and after pada subjek epilepsi politerapi > 1 tahun dan menggunakan >2 obat, evaluasi pre- dan paska suplementasi vitamin D selama 3 bulan.

Hasil penelitian : Dari 51 subjek yang diteliti ditemukan 25 49 subjek sufisien, 19 37,3 pasien insufisien, dan 7 13,7 subjek defisien. Faktor risiko yang memiliki kemaknaan statistik adalah usia pubertas dan prapubertas $p=0,004$, busana tertutup $p=0,002$, jenis epilepsi fokal $p=0,032$ dan frekuensi kejang $p=0,047$. Evaluasi pemberian suplementasi vitamin D selama 3 bulan memberikan peningkatan kadar 25 OH D yang bermakna secara statistic $p=0,001$.

Kesimpulan : Diperlukan pemantauan periodic kadar vitamin D pada anak epilepsi dan peranan terapi suplementasi dalam menurunkan angka morbiditasnya.

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Background : in epileptic children, a number of medications are used. Antiepileptic drugs are known to exert deleterious effect on vitamin D metabolism. Reports of vitamin D deficiency associated with anticonvulsant drugs in pediatric patients are conflicting.

Objective : To determine vitamin D status and risk factors in epileptic children and evaluate the effect of vitamin D supplementation.

Methods : A prospective pre and post intervention study was done in 51 epileptic children aged 5 18 years on polytherapy for at least one year in Ciptomangunkusumo Hospital and Bekasi Hospital, over a vitamin D supplementation period of 3 months from January 2017 to May 2017.

Results : Of the 51 patients studied, 25(49,0%) subjects had sufficient vitamin D levels (>20 ng/mL), 19 (37,3%) subjects had insufficient vitamin D levels (12-20 ng/mL), and 7 (13,7 %) subjects had vitamin D deficiency(<12 ng/mL). It was seen that the risk of vitamin D deficiency increased, in the dress used (full-covered dress) ($p=0,002$) , pre-pubertal and pubertal age ($p=0,004$), focal epilepsy ($p=0,032$) and in seizure frequency ($p=0,047$), which was statistically significant. The role of vitamin D supplementation showed beneficial effect in increasing vitamin D level, which was statistically significant($p=0,001$).

Conclusion : vitamin D supplementation in epileptic children effectively increases serum 25(OH)D.