

# Efektifitas terapi kombinasi akupunktur manual dan medikamentosa terhadap perubahan skor quality of life dan supresi hematopoietik pada pasien kanker payudara yang mendapat kemoterapi = Effectiveness combination therapy manual acupuncture and medicamentous in changes of quality of life score and myelosuppression in breast cancer patients which received chemotherapy

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## Abstrak

Kemoterapi sangat penting dalam tatalaksana kanker payudara, namun efek sitotoksiknya seperti leukopenia, dapat meningkatkan risiko infeksi dan menyebabkan penundaan jadwal kemoterapi. Berdasarkan penelitian sebelumnya, terapi akupunktur efektif untuk meminimalkan efek samping kemoterapi termasuk leukopenia. Sebanyak 42 pasien kanker payudara secara acak dibagi menjadi kelompok akupunktur manual dan medikamentosa  $n = 21$  dan kelompok akupunktur manual sham dan medikamentosa  $n = 21$ .

Titik akupunktur yang dipilih yaitu PC6 Neiguan, LI4 Hegu, ST36 Zusanli dan SP6 Sanyinjiao.

Perangsangan dilakukan secara manual selama 20 menit tiap sesi, sebanyak 8 kali. Parameter yang dinilai adalah jumlah leukosit darah dan skor kualitas hidup WHO-QoL BREF. Terdapat perbedaan bermakna terhadap peningkatan skor WHO-QoL BREF sebelum dan sesudah perlakuan akupunktur antara kedua kelompok 9,85 7,065 dan 1,0526 5,778,  $p = 0,000$ . Terdapat peningkatan jumlah leukosit darah pada kelompok perlakuan sebelum dan sesudah akupunktur sebesar  $0,65 \times 10^3/\text{mL}$ , namun tidak bermakna secara statistik  $p = 0,955$ . Sementara pada kelompok kontrol terdapat penurunan jumlah leukosit darah sebesar  $0,7 \times 10^3 \text{ mL}$   $p = 0,334$ .

Tidak terdapat perbedaan bermakna secara statistik rerata peningkatan jumlah leukosit darah sebelum dan sesudah akupunktur antara dua kelompok  $0.475 \ 5.287$  and  $-0.989 \ 3.712$ ,  $p = 0.326$ . Terapi akupunktur efektif dalam meningkatkan kualitas hidup pasien kanker payudara dengan kemoterapi, namun dalam meningkatkan jumlah leukosit dibutuhkan terapi yang lebih lama untuk mendapatkan hasil yang lebih maksimal.

.....Chemotherapy is essential in the management of breast cancer, but its cytotoxic effects such as leukopenia, may increase the risk of infection and lead to delay in chemotherapy schedules. Based on previous research, acupuncture therapy is effective to minimize the side effects of chemotherapy including leukopenia. A total of 42 breast cancer patients were randomly divided into groups of manual acupuncture and medicamentous  $n = 21$  and the sham manual acupuncture and medicamentous group  $n = 21$ .

The selected acupuncture points are PC6 Neiguan, LI4 Hegu, ST36 Zusanli and SP6 Sanyinjiao. The stimulation is manually, 20 minutes per session, for 8 times. Parameters assessed were the number of blood leukocytes and quality of life scores WHO QoL BREF. There were significant differences in WHO QoL BREF score before and after acupuncture treatment between the two groups  $9.85 \ 7.065$  and  $1.0526 \ 5.778$ ,  $p = 0.000$ . There was an increase in the number of blood leukocytes in the treatment group before and after acupuncture by  $0.65 \times 10^3 \text{ mL}$ , but not statistically significant  $p = 0.955$ . While in the control group there was a decrease in the number of blood leukocytes by  $0.7 \times 10^3 \text{ mL}$   $p = 0.334$ .

There was no statistically significant difference in the mean change of blood leukocyte count before and after acupuncture between two groups 0.475 5.287 and 0.989 3.712, p 0.326. Acupuncture therapy is effective in improving the quality of life of breast cancer patients with chemotherapy, but in increasing the number of leukocytes it takes longer therapy to get maximum results.