

# Perubahan Fungsi Kognitif dan Kualitas Hidup Pada Pasien HIV Setelah Terapi Antiretroviral 3 Bulan = Cognitive Function and Quality of Life Changes in HIV Patients After 3 Months of Antiretroviral Therapy

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## Abstrak

Latar Belakang: Gangguan kognitif merupakan komplikasi yang umum ditemui pada pasien HIV. Hal ini disebabkan oleh kerusakan neuronal oleh infeksi HIV. Gangguan kognitif dapat mempengaruhi kualitas hidup pasien. Dengan berkembangnya terapi antiretroviral (ART) terjadi penurunan derajat keparahan gangguan kognitif dan peningkatan kualitas hidup. Penelitian ini bertujuan untuk mengetahui perubahan fungsi kognitif dan kualitas hidup pasien HIV setelah ART selama 3 bulan.

Metode Penelitian: Penelitian ini merupakan studi kohort prospektif bagian dari JacCCANDO study (JAKarta CMV and Candida in HIV patients on ART evaluation in Cardiology, Neurocognitive, Dentistry and Ophthalmology Study) dimana subjek penelitian merupakan pasien HIV dengan imunodefisiensi berat (sel limfosit T CD4 < 200 sel/mL). Data yang digunakan pada penelitian adalah data sebelum dan setelah ART selama 3 bulan. Dilakukan penilaian kognitif lengkap, kualitas hidup (SF-36) serta pemeriksaan laboratorium.

Hasil: Didapatkan 51 subjek dengan rentang usia subjek ialah 19-44 tahun. Didapatkan perbaikan skor ( $p < 0,05$ ) pada median Z kognitif, Z fluensi, Z eksekutif, Z keterampilan motorik, skor kesehatan fisik dan mental setelah ART 3 bulan. Tidak didapatkan korelasi antara perubahan kognitif dengan kualitas hidup baik kesehatan fisik dan mental.

Kesimpulan: Terdapat perbaikan fungsi kognitif pada domain fluensi, fungsi eksekutif dan keterampilan motorik serta perbaikan kualitas hidup baik kesehatan fisik maupun mental pada pasien HIV na<sup>+</sup>ve setelah pemberian antiretroviral selama 3 bulan.

.....Background: Cognitive impairment is one of the common complications found in patients with HIV. It is caused by neuronal damaged of HIV infection. Cognitive impairment could influencing the patient's quality of life (QoL). However, the development of antiretroviral therapy (ART) results in a decrease of cognitive impairment severity as well as an increase of QoL. This study aims to investigate the cognitive function and QoL changes in HIV patients after 3 months of ART.

Methods: This is a prospective cohort study and a part of JacCCANDO study (JAKarta CMV and Candida in HIV patients on ART evaluation in Cardiology, Neurocognitive, Dentistry and Ophthalmology Study) where all subjects were HIV patients with severe immunodeficiency (CD4 T-lymphocyte cell < 200 cells/mL). In this study, data was taken before and after antiretroviral therapy for 3 months. Complete cognitive assessment was performed, QoL (SF-36), and laboratory examination.

Result: Fifty-one subjects were gathered in this study. The age range was within 19-44 years old. There also a score improvement ( $p < 0.05$ ) in Z cognitive median, Z fluency, Z executive, Z motoric skills, physical health score and mental health score after 3 months of ART. No correlation was found between cognitive changes and QoL in neither physical health nor mental health.

Conclusion: There was an improvement of cognitive function within fluency domain, executive function,

and motoric skills as well as the QoL improvement in both physical and mental health amongst na<sup>+</sup>ve HIV patients after 3 months of antiretroviral therapy. Overall changes of cognitive function did not affect the QoL in both physical and mental.