

Kidney disease profiles among adolescents in indonesia

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Abstrak

Background: Each kidney injury may develop into chronic kidney disease (CKD) and end stage renal disease (ESRD) that associates with high mortality and socio-economic burden. There is limited data about clinical characteristics of children having CKD in developing countries, especially in Indonesia.

Objective: To describe clinical profiles and characteristics of kidney diseases in adolescents aged 15-18 years.

Methods: This study was a cross-sectional study which used data from National Basic Health Survey (Riskesdas) 2013. There were 2 data groups. The first data group included questionnaires about history of kidney stone disease, hypertension, chronic renal failure, antihypertension administration, and blood pressure measurement. The second data group included subsamples of the first group which had laboratory test results, i.e. hemoglobin and serum creatinine levels. All of the data were classified by nutritional status, estimated glomerulofiltration rate (eGFR), blood pressure classification, and hemoglobin level.

Results: Among 52,454 adolescents in the first data group, 20,537 (39%) had kidney diseases with female predominance and good nutritional status. Other findings found were history of kidney stone disease (0.2%), chronic renal failure (0.1%), history of hypertension (0.6%), antihypertensive agents consumption (0.1%). Prehypertension and hypertension were found in 51% and 48.3% of adolescents, respectively. Adolescents with decreased eGFR were accounted for 1.4%.

Conclusion: The proportion of prehypertension and hypertension in adolescents aged 15-18 years in Indonesia is high. Hence, routine blood pressure measurement is important for early detection and prevention of kidney disease progression.

.....Latar belakang: setiap gangguan ginjal berisiko menjadi penyakit ginjal kronik dan gagal ginjal terminal yang berkaitan dengan peningkatan mortalitas dan beban pembiayaan. Di negara berkembang, khususnya di Indonesia, data di komunitas mengenai penyakit ginjal kronik masih sangat terbatas. Tujuan penelitian ini untuk mengetahui profil klinis dan karakteristik penyakit ginjal pada remaja berusia 15-18 tahun di Indonesia.

Metode: penelitian ini merupakan studi potong lintang yang mengolah data Riset Kesehatan Dasar 2013 pada anak remaja berusia 15-18 tahun. Terdapat dua kelompok data berdasarkan pencatatan di lapangan. Kelompok data I meliputi data subjek yang diperoleh dengan menggunakan kuesioner, meliputi riwayat batu ginjal, gagal ginjal kronik, riwayat hipertensi, riwayat minum obat antihipertensi, serta pemeriksaan fisis berupa pengukuran tekanan darah. Kelompok data II adalah subyek pada kelompok data I yang dilengkapi dengan data laboratorium, berupa kadar hemoglobin dan kreatinin serum.

Hasil: dari 52.454 didapatkan 20.537 (39%) remaja dengan penyakit ginjal pada kelompok data I, dengan karakteristik sebagian besar perempuan dengan status gizi baik. Terdapat riwayat batu ginjal sebanyak 0,2%, gagal ginjal kronik 0,1%, riwayat hipertensi 0,6%, riwayat minum obat antihipertensi 0,1%. Pada pemeriksaan tekanan darah ditemukan stadium pra-hipertensi dan hipertensi, masing-masing 51,4% dan 48,3%. Kelompok data II menunjukkan subjek dengan penurunan fungsi ginjal sebesar 1,4%. **Kesimpulan:**

angka hipertensi dan pra-hipertensi pada remaja usia 15-18 tahun di Indonesia cukup tinggi. Pemeriksaan tekanan darah secara teratur perlu dilakukan sebagai upaya deteksi dini, untuk mencegah progresivitas penyakit.