

# Efek Probiotik *Lactobacillus casei* terhadap Keadaan Klinis Mukosa Oral pada Anak Penderita Leukemia Limfositik Akut yang sedang Menjalani Kemoterapi = Effects of *Lactobacillus casei* Probiotics on Clinical Appearance of Oral Mucosa in Children with Acute Lymphocytic Leukemia during Chemotherapy

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## Abstrak

Latar Belakang: Mukositis merupakan salah satu efek samping yang timbul akibat kemoterapi. Mukositis menyebabkan timbulnya rasa sakit, ketidaknyamanan, kesulitan berbicara, menelan, makan, minum, kekurangan nutrisi, kelemahan sistemik hingga infeksi. Probiotik mengandung mikroorganisme nonpatogen yang memberikan manfaat bagi kesehatan dan membantu dalam pencegahan inflamasi pada rongga mulut. Beberapa studi telah melaporkan manfaat probiotik bagi kesehatan oral. Tujuan: Menganalisis efek probiotik *Lactobacillus casei* terhadap keadaan klinis mukosa oral pada anak dengan Leukemia Limfositik Akut yang menjalani kemoterapi sebelum berkumur probiotik *L.casei*, setelah berkumur *L.casei* selama 7 hari dan 14 hari. Metode Penelitian: Penelitian dilakukan di RS Kanker Dharmais dan RS Kramat 128. Sebelas pasien yang memenuhi kriteria. Tiga hari setelah pemberian kemoterapi, peneliti memeriksa keadaan klinis rongga mulut menggunakan Oral Assessment Guide (OAG). Pasien kemudian mulai berkumur probiotik *L.casei* dua kali sehari selama 7 hari dan 14 hari. Skor OAG diperiksa kembali setelah berkumur probiotik *L.casei* selama 7 hari dan 14 hari. Hasil: Terdapat penurunan skor OAG yang bermakna antara sebelum berkumur dengan setelah berkumur probiotik *L.casei* selama 7 hari dan 14 hari. Kesimpulan: Probiotik *L.casei* memberikan efek pada anak dengan leukemia limfositik akut yang menjalani kemoterapi dan dapat menjadi terapi alternatif terhadap mukositis oral.

.....Mucositis is one of the side effects induced by chemotherapy. It results in pain, discomfort, difficulties in talking, swallowing, eating, drinking, poor nutrition, systemic weakness and life-threatening infections. Probiotics contain nonpathogenic live microorganisms that give benefit to our health and help in preventing inflammation in the oral cavity. Several studies have reported the use of probiotics for oral health purposes. Objective: To analyze the effect of probiotic *Lactobacillus casei* to clinical appearance of oral mucosa in children with Acute Lymphocytic Leukemia that underwent the chemotherapy process before gargling, 7 days after gargling, and 14 days after gargling with probiotic. Methods: The study was held in National Cancer Hospital "Dharmais" and Kramat 128 Hospital. Eleven patients were meet the criteria. Three days after the chemotherapy started, the researcher checked the patient's oral mucosa condition using Oral Assessment Guide (OAG). Then the patient started to gargle the probiotic twice a day for 7 days and the researcher rechecked the score of oral mucositis after 7 days and 14 days. Results: There was a significance decreasing OAG score between before gargling with 7 days and 14 days after gargling *L.casei* probiotics. Conclusion: *L.casei* probiotics gave effects in children with acute lymphocytic leukemia during chemotherapy and could be an alternative therapy for oral mucositis.