

Hubungan antara pajanan debu tepung dengan faal paru pada tenaga kerja pabrik Tepung Terigu PT ISM BSFM

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Abstrak

Latar belakang: Saat ini debu tepung masih dianggap sebagai bahan yang tidak berbahaya/debu inert, sementara pada industri tepung terigu PT.ISM BSFM terdapat tendensi peningkatan gangguan saluran napas atas maupun saluran napas bawah. Penelitian bertujuan mencari hubungan antara gangguan faal paru pada pekerja dengan pajanan debu tepung dan faktor lain yang berhubungan, prevalensi keluhan serta prevalensi penyakit paru kerja.

Metode: Penelitian menggunakan desain studi Cross sectional internal kompartif terhadap dua kelompok pekerja yang terpajan rendah dan terpajan tinggi berdasarkan hasil pengukuran personal dust sampler(debu respirable). Studi dilakukan dengan mewawancarai 119 responden memakai kuesioner Pneumobile project Indonesia 1992, mengukur faal paru dengan spirometri dan pengukuran Arus puncak ekspirasi.

Hasil dan Kesimpulan: Kadar debu di bagian pengemasan dan penggilingan sangat tinggi mencapai 3 kali NAB. Terdapat penurunan faal paru berupa restriksi pada 37 % responden dan obstruksi 7,5%, di mana terdapat hubungan yang bermakna antara penurunan fungsi paru dengan status gizi, pekerja yang terpajan tinggi, lama merokok, umur dan lama kerja. Prevalensi keluhan batuk kronik 21,8 %, berdahak kronik 13,4 % dan sesak napas 18,5 %, sementara prevalensi penyakit paru kerja didapat 4,2 % responden yang menderita bronkitis kronik dan 14,3% asma di mana 1,7 % merupakan asma kerja.

Back ground: Today grain flour dust is still assumed as nontoxic dust, while several respiration disease (upper and low) are increase at PT.ISM BSFM the biggest grain mill in Indonesia. The goal of this study was to identify relation between the decrease of lung function and the exposure of grain flour dust, with some other related factor. To find prevalent of symptom and prevalent of occupational lung disease.

Method: Design of the study was a Cross-sectional study, with internal comparative of the two group workers (high exposure and low) that base on result of measurement of personal dust sampler (respirable dust). A simple working survey using Pneumobile Indonesia questioner was carrying out to 119 respondents, measurement lung function by spirometri and peak flow expiration.

Results and Conclusion: Study finding the high exposure of dust at the packing unit and milling unit, the concentration is 3 time greater than TLVs. Result of the lung function measurement found 37 % respondent were restriction and 7.5% obstruction, this respondent have significant relation with their body mass index, working in the high exposure place, length time of smoking, age and length time of working. Prevalent of chronic cough 21.8 %, chronic sputum 13.4 % and breathing difficulty 18.5 %, while prevalent of occupational lung disease were 4.2 % respondent with choric bronchitis and 14.3% asthma included 1.7 % occupational asthma.