

Terapi Ajuvan N-Asetilsistein pada Pasien Covid-19 Derajat Berat, Kajian pada Luaran: Kejadian Intubasi, Mortalitas, Rasio Netrofil Limfosit, Kadar D-Dimer, Crp, dan Skor Apache II = Adjuvant N-Acetylcysteine Therapy in Severe Covid-19 Patients, Outcome Study: Incidence of Intubation, Mortality, Neutrophil Lymphocyte Ratio, D-Dimer Levels, CRP and APACHE II Score

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Abstrak

Latar Belakang: N-asetilsistein (NAS) memiliki banyak manfaat, salah satunya sebagai antioksidan dan antiinflamasi. Belum banyak penelitian pemberian NAS pada pasien COVID-19. Pemberian NAS pada pasien COVID-19 derajat berat memiliki hasil luaran yang bervariasi, salah satunya diduga disebabkan lama terapi yang hanya beberapa jam hari.

Tujuan: Rancangan penelitian ini adalah kohort retrospektif di ICU RS PELNI, Jakarta. Penelitian ini dimulai setelah mendapat sertifikat etik dan ijin lokasi yang dimulai pada bulan Februari-April 2023. Pengambilan sampel secara consecutive sampling. Kriteria penerimaan meliputi pasien COVID-19 derajat berat dengan usia 18 tahun. Kriteria penolakan meliputi pasien sedang hamil/menyusui. Kriteria pengeluaran meliputi pasien meninggal sebelum pemberian NAS mencapai 14 hari. Luaran yang diamati adalah kejadian intubasi, mortalitas, nilai rasio netrofil limfosit, kadar D-dimer, dan CRP. Data penelitian merupakan data sekunder dari rekam medis. Data dianalisis dengan uji statistik yang sesuai menggunakan program SPSS versi 27.

Hasil: Didapatkan total 112 pasien dengan 55 pasien tidak mendapatkan terapi NAS dan 57 pasien mendapatkan terapi NAS. Dari hasil analisis bivariat didapatkan pasien dengan terapi NAS memiliki kemungkinan untuk diintubasi sebesar 2,7 kali dan tidak berhubungan dengan mortalitas. Dari hasil analisis multivariat, didapatkan hanya variabel kejadian intubasi yang bermakna terhadap mortalitas.

Simpulan: Terapi ajuvan NAS tidak menurunkan kejadian intubasi dan mortalitas.

.....Background: N-acetylcysteine (NAS) has many benefits, one of which is as an antioxidant and anti-inflammatory. There have not been many studies of giving NAS to COVID-19 patients. Giving NAS to patients with severe degrees of COVID-19 has varied outcomes, one of which is thought to be caused by the duration of therapy which is only a few hours-days.

Purpose: This retrospective cohort study was conducted in the ICU of PELNI Hospital, Jakarta. This research was started after obtaining an ethical certificate and location permit which began in February-April 2023. The samples were taken using consecutive sampling. Inclusion criteria was patients with severe degree of COVID-19 aged 18 years. Exclusion criteria was patients who are pregnant/breastfeeding. Drop out criteria was patients who died before 14 days of NAS administration. The observed outcomes were intubation events, mortality, neutrophil lymphocyte ratio D-dimer and CRP levels. The research data is

secondary data from medical records. Data were analyzed with appropriate statistical tests using the SPSS version 27 program.

Results: There were a total of 112 patients with 55 patients not receiving NAS therapy and 57 patients receiving NAS therapy. From the results of bivariate analysis, it was found that patients with NAS therapy had a 2.7 times the likelihood of being intubated and had no association with mortality. From the results of the multivariate analysis, it was found that only the intubation event variable had a significant effect on mortality.

Conclusion: Adjuvant therapy for NAS does not reduce the incidence of intubation and mortality.