

Peran Terapi Medik Gizi pada Penyakit Psoriasis Kulit dengan Berbagai Penyulit = The Role of Medical Nutrition Therapy in Skin Psoriasis with Various Complications

Evi Verawati, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920534881&lokasi=lokal>

Abstrak

Latar Belakang: Psoriasis merupakan penyakit inflamasi kronik yang dimediasi sistem imun, menyebabkan lesi kulit dan dapat mengenai sendi. Kondisi inflamasi sistemik meningkatkan risiko berbagai non-transmissible chronic disease dan menyebabkan kehilangan nutrisi akibat hiperproliferasi dan deskuamasi epidermis, sehingga dapat menurunkan kualitas hidup. Terapi medik gizi dengan menjaga indeks massa tubuh dalam rentangan normal dan memenuhi kebutuhan vitamin A, E, C, D, dan asam folat, serta pemberian asam lemak omega-3 dapat menurunkan stres oksidatif dan inflamasi. Terapi diet, pengaturan aktivitas fisik, dan modulasi respons inflamasi sistemik menjadi tujuan terapi yang penting dan terintegrasi. Kasus: Pasien psoriasis berbagai tipe dengan penyulit, terdiri atas 3 orang laki-laki dan seorang perempuan, rentangan usia 28–64 tahun. Pasien pertama dengan SIDA, artritis dan hipoalbuminemia, pasien ke-2 hipoalbuminemia, pasien ke-3 artritis, dan pasien ke-4 dengan obesitas. Terapi medik gizi yang diberikan meliputi diet cukup energi, protein tinggi, dan lemak sedang sesuai kondisi pasien, serta beberapa vitamin. Pemantauan dilakukan minimal selama 6 hari meliputi keluhan subjektif, keluaran klinis, hasil laboratorium, antropometri, kapasitas fungsional, dan analisis asupan 24 jam. Nutrisi ditingkatkan bertahap sesuai keluaran klinis dan toleransi. Mikronutrien yang dapat diberikan adalah vitamin B kompleks, C, dan asam folat. Semua pasien mendapat edukasi gizi.

Hasil: Asupan energi keempat pasien dapat meningkat bertahap hingga mencapai KET saat pulang. Peningkatan kadar albumin tanpa koreksi infus albumin terjadi pada 2 pasien, penurunan albumin pada 1 pasien, dan pada 1 pasien tidak dilakukan pemeriksaan ulang. Kapasitas fungsional semua pasien mengalami perbaikan saat pulang. Tidak terjadi perubahan berat badan pada 3 pasien, namun 1 pasien mengalami penurunan selama dirawat.

Kesimpulan: Terapi medik gizi yang adekuat menunjang proses penyembuhan, serta memperbaiki parameter laboratorium dan kapasitas fungsional.

.....

Background: Psoriasis is a chronic inflammatory disease mediated by the immune system causing skin lesions and may also affect the joints. Systemic inflammatory conditions increase the risk of various non-transmissible chronic diseases, loss of nutrients through hyperproliferation and desquamation of the epidermis that may reduce quality of life. Medical therapy in nutrition by maintaining body mass index within normal range and fulfillment the requirement of vitamins A, E, C, D, and folic acid, and supplementation of omega-3 fatty acids can reduce oxidative stress and inflammation. Dietary therapy, management of physical activity, and modulation of systemic inflammatory responses are the important and integrated therapeutic goals.

Case: Psoriasis patients of various types and complications with the range of age 28–64-years-old, consist of 3 males and 1 female. The first patient with HIV-AIDS arthritis and hypoalbuminemia, the second with hypoalbuminemia, the third with arthritis, and the fourth with obesity. The medical therapy in nutrition

include diet that sufficient in energy, high protein, and moderate fat corresponding to the patients' condition with supplementation of some vitamins. Monitoring was carried out for at least 6 days that include subjective complaints, clinical outcomes, laboratory results, anthropometric, functional capacity and 24-hour dietary intake analysis. Nutritional intake was gradually increased according to the clinical outcomes and tolerance. Micronutrients that can be given were vitamins B complex, C, and folic acid. All patients received nutrition education.

Results: Nutritional intake of all patients increased gradually and achieved the total energy requirement before discharged from the hospital. There were increased of albumin levels without albumin infusion in 2 patients, decreased in 1 patient, and no albumin levels' reexamination in 1 patient. Functional capacity improved in all patients before discharged from the hospital. There were no changes in the body weight of 3 patients. However, 1 patient experienced decreased of body weight during hospitalisation.

Conclusion: Adequate medical therapy in nutrition supports the healing process, and improves laboratory parameters and functional capacity.