

Pengaruh faktor risiko terhadap manifestasi kulit, rambut, dan kuku pasien kanker pada dua siklus kemoterapi berbasis antrasiklin = Risk factors impact on skin, hair, and nail manifestations during dual cycles of Anthracycline-Based chemotherapy in cancer patients

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Abstrak

Latar belakang: Hampir sebagian besar pasien kanker akan memiliki keluhan kulit, rambut, dan kuku (KRK) terkait efek samping kemoterapi yang diberikan. Antrasiklin merupakan kemoterapi yang banyak digunakan pada pasien kanker. Meskipun jarang mengancam nyawa, kelainan KRK dapat menyebabkan penurunan kualitas hidup. Berbagai faktor risiko berpengaruh terhadap kelainan tersebut. Waktu timbulnya manifestasi kelainan KRK pada pasien kanker yang menjalani kemoterapi berbasis antrasiklin juga beragam munculnya. Penelitian ini bertujuan untuk menganalisis hubungan antara usia, penyakit penyerta sistemik, status gizi, ECOG, dan anemia dengan manifestasi klinis KRK pada pasien kanker yang menjalani dua siklus kemoterapi berbasis antrasiklin.

Metode: Penelitian ini merupakan penelitian deskriptif analitik dengan kohort prospektif yang diikuti dalam dua siklus pertama kemoterapi berbasis antrasiklin. Sebesar 65 pasien kanker berusia di atas 18 tahun yang mendapatkan kemoterapi siklus pertama berbasis antrasiklin di RSUPN dr. Cipto Mangunkusumo. Semua SP dilakukan anamnesis, pemeriksaan dermatovenereologikus, dan dokumentasi klinis sampai sebelum kemoterapi siklus ke-3. Pencatatan faktor risiko, jenis, dan waktu timbulnya kelainan dilakukan apabila ditemukan manifestasi KRK.

Hasil: Kelainan kulit terbanyak berupa xerosis dan hiperpigmentasi. Anagen effluvium ditemukan pada 89,2% pasien kemoterapi. Melanonikia dan xanthonikia ditemukan pada 87,7% pasien. Xerosis ditemukan dengan median (minimum-maximum) 7 (2-56) hari, anagen effluvium timbul dalam median (minimum-maximum) 13(1-27 hari), dan melanonikia dengan median (minimum-maximum) 23(1-65) hari. Tidak terdapat hubungan antara usia, penyakit penyerta sistemik, status gizi, status performa ECOG, dan anemia dengan manifestasi KRK pada pasien kanker yang menjalani dua siklus kemoterapi berbasis antrasiklin.

Kesimpulan: Semua pasien memiliki kelainan KRK. Kelainan yang paling cepat timbul adalah xerosis, diikuti anagen effluvium, dan melanonikia. Tidak ditemukan hubungan antara usia, penyakit penyerta sistemik, status gizi, status performa ECOG, dan anemia dengan manifestasi KRK pada pasien kanker yang menjalani dua siklus kemoterapi berbasis antrasiklin.

.....Background: Nearly most cancer patients experience skin, hair, and nail complaints due to chemotherapy side effects. Anthracycline-based chemotherapy is widely utilized in cancer care. While rarely life-threatening, cutaneous, hair, and nail alterations can significantly impact quality of life. Several risk factors influence these disorders. The onset timing of skin, hair, and nail manifestations varies among cancer patients undergoing anthracycline-based chemotherapy. This study analyses the association between age, systemic comorbidities, nutritional status, ECOG performance status, and anaemia with clinical manifestations of skin, hair, and nails in cancer patients undergoing two cycles of anthracycline-based chemotherapy.

Methods: This is an analytical descriptive study involving a prospective cohort followed during the first two

cycles of anthracycline-based chemotherapy. A total of 65 cancer patients aged above 18, receiving the first cycle of anthracycline-based chemotherapy at RSUPN dr. Ciptomangunkusumo, were enrolled. All subjects underwent anamnesis, dermatovenereological examination, and clinical documentation before the third chemotherapy cycle. Risk factors, type, and onset time of abnormalities were recorded upon detection of skin, hair, and nail manifestations.

Results: All patients presented with skin, hair, or nail abnormalities. The most rapidly occurring abnormalities were xerosis, followed by anagen effluvium and melanonychia. No correlation was found between age, systemic comorbidities, nutritional status, ECOG performance status, and anaemia with skin, hair, and nail manifestations in cancer patients undergoing two cycles of anthracycline-based chemotherapy.

Conclusions: The most frequent skin abnormalities observed were xerosis and hyperpigmentation. Anagen effluvium was detected in 89.2% of chemotherapy patients. Melanonychia and xanthonychia were found in 87.7% of patients. Xerosis had a median (min-max) onset of 7 (2-56) days, anagen effluvium manifested within a median (min- max) of 13 (1-27) days, and melanonychia with a median (min-max) onset of 23 (1-65) days. There was no association found between age, systemic comorbidities, nutritional status, ECOG performance status, and anaemia with skin, hair, and nail manifestations in cancer patients undergoing two cycles of anthracycline-based chemotherapy.