ABSTRAK

Perubahan Komponen Sindrom Metabolik akibat Terapi ARV pada Pasien HIV dalam 3 Bulan Pertama

Fitri Primadiani

Latar belakang: Penggunaan terapi kombinasi ARV dapat menurunkan mortalitas orang dengan HIV/AIDS (ODHA), namun meningkatkan risiko metabolik dan penyakit kardiovaskuler. Lima komponen sindrom metabolik (hipertrigliseridemia, HDL yang rendah, hipertensi, hiperglikemi, dan obesitas sentral) merupakan faktor risiko penyakit kardiovaskuler, tetapi penelitian tentang komponen sindrom metabolik pada ODHA belum banyak dilakukan.
Tujuan: Menganalisisperubahan komponen sindrom metabolik akibat terapi ARV pada pasien HIV dalam 3 bulan pertama
Metode: Penelitian ini merupakan penelitian observasional longitudinal pada pasien HIV*naive* yang datang di poli Instalasi Perawatan Intermediet Penyakit Infeksi (IPIPI) RSUD Dr. Soetomo Surabaya periode bulan Agustus hingga Desember 2019 serta memenuhi kriteria inklusi dan eksklusi. Dilakukan pemeriksaan komponen sindrom metabolik pada saat sebelum terapi dan 3 bulan setelah mendapatkan terapi.
Hasil: Dua puluh enam pasien dianalisis dari 35 subjek penelitian dengan nilai tengah usia 31 tahun, 60% laki laki , dan 45,75% pasien datang pada stadium 1. Didapatkan perubahan signifikan setelah terapi 3 bulan pada komponen tekanan darah sistol (p=0,023), tekanan darah diastol (p=0,001), kadar trigliserida (p=0,031), dan kadar HDL (p=0,036)
Kesimpulan: Didapakan perubahansignifikan pada komponen tekanan darah, kadar trigliserida, dan kadar HDL pada 3 bulan pertama.

Kata kunci: ARV, sindrom metabolik, dislipidemia, gula darah puasa, tekanan darah, obesitas sentral, HIV *naive*

ABSTRACT

Changes of Metabolic Syndrome Components due to ARV Therapy in HIV Patients in First Three Months

Fitri Primadiani

Background: *Antiretroviral therapy combination could decreased mortality of people living with HIV/AIDS (PLWH), but increased metabolic and cardiovascular disease risk. Five components of metabolic syndrome (hypertryglyceridemia, low HDL, hypertension, hyperglycemia, and central obesity) were risk factor of cardivascular disease, hence the study about them were limited.*

Objective: *To analyze changes of on metbolic syndrome components due to antiretroviral therapy in HIV patients in first three months*

Method*: This prospective longitudinal study included naïve HIV patients who received antiretroviral therapy (ART) in the outpatient of the Intermediate Care Infectious Disease Installation at the Dr. Soetomo General Hospital in Surabaya from August 2019 to December 2019 and met eligible criteria. Metabolic syndrome components was measured before administration of ART and 3 months later.*

Results: *Twenty six patiens have been analyzed from 35 subjects that met eligible criteria. Median of age was 31 years old that dominated with male gender (60%) and 45,7% in first stage. There were statistically significant changes in metabolic syndrome components, they were sistolic blood pressure (p=0,023), diastolic blood pressure (p=0,001), triglyceride (p=0,031), and HDL (p=0,036).*

Conclusion: *There were changes in blood pressure, triglyceride, and HDL in first 3 months of ARV therapy.*

Keywords: *ART, metabolic syndrome, dyslipidemia, fasting glucose, blood pressure,central obesity, HIV-naive*