

**PROFIL DIARE KRONIS PADA ANAK BERUSIA DI BAWAH LIMA  
TAHUN DI INSTALASI RAWAT INAP ANAK RSUD DR. SOETOMO  
PERIODE TAHUN 2015-2019**

**Abstrak**

**Latar Belakang:** Diare menjadi pembunuh nomor dua anak-anak yang berusia di bawah lima tahun di dunia. Selain di dunia, diare juga telah menjadi penyakit endemis di Indonesia yang berpotensi menyebabkan KLB dan sering disertai dengan kematian. Diare kronis, meskipun lebih jarang daripada diare akut, menjadi tantangan klinis karena disebabkan oleh berbagai penyakit dan terlibat dalam patofisiologi penyakit lainnya. Bahkan insidensi beberapa penyebab diare kronis ditemukan semakin meningkat di Eropa. **Tujuan:** Penelitian ini bertujuan untuk mengetahui profil diare kronis pada anak berusia di bawah lima tahun di instalasi rawat inap RSUD Dr. Soetomo periode tahun 2015-2019. **Metode:** Jenis penelitian ini adalah deskriptif retrospektif dengan menggunakan rekam medik elektronik pasien. **Hasil:** Didapatkan 45 anak (28 laki-laki dan 17 perempuan), paling banyak berusia 0 – 5 bulan (35,6%). Penderita paling banyak tergolong gizi baik (40%). Pemeriksaan feses lengkap didapatkan 96,9% sampel negatif untuk darah, 58,1% sampel positif untuk lendir, kuning sebagai warna feses terbanyak (34,4%), 75% sampel dengan konsistensi feses lembek, seluruh sampel negatif untuk amoeba, kista, larva, dan telur cacing, 96,9% sampel negatif untuk *yeast cell*, 90,6% sampel negatif untuk leukosit, dan 53,1% sampel negatif untuk eritrosit. Pemeriksaan darah lengkap didapatkan penderita paling banyak memiliki kadar hematokrit yang rendah (71,9%), kadar hemoglobin yang masuk ke dalam kelompok anemia (75%), dengan leukositosis (71,9%), dan memiliki jumlah trombosit normal (59,4%). Pemeriksaan elektrolit serum didapatkan penderita paling banyak dengan hipokloremia (38,5%) dan kadar klorida yang normal (38,5%), hiponatremia (73,1%), kadar kalium yang normal (61,5%), dan hipokalsemia (63%). Penyakit penyerta ditemukan pada 36 (80%) sampel dengan masing-masing anak memiliki  $\geq 1$  penyakit selain diare kronis, paling banyak ditemukan berhubungan dengan sistem endokrin, nutrisi, dan metabolik sebanyak 47 kasus (40,7%), dengan malnutrisi sebagai penyakit penyerta yang paling sering dijumpai dengan jumlah 15 (13%) kasus. Cara keluar rumah sakit didapatkan 39 (86,7%) anak dipulangkan, 4 (8,9%) anak meninggal, dan 2 (4,4%) pulang secara paksa. **Kesimpulan:** Penderita diare kronis pada penelitian ini terbanyak adalah laki-laki, kelompok usia 0 – 5 bulan, status gizi baik, pemeriksaan feses lengkap: negatif darah, positif lendir, warna feses kuning, konsistensi lembek, negatif amoeba, negatif kista, negatif larva, negatif telur cacing, negatif *yeast cell*, negatif leukosit feses, dan negatif eritrosit feses, pemeriksaan darah lengkap: kadar hematokrit rendah, kadar hemoglobin masuk ke dalam kelompok anemia, leukositosis, dan jumlah trombosit normal, pemeriksaan elektrolit serum: hipokloremia dan kadar klorida normal, hiponatremia, kadar kalium normal, dan hipokalsemia, memiliki penyakit penyerta terutama terkait sistem endokrin, nutrisi, dan metabolik, dan dipulangkan dari rumah sakit.

**Kata Kunci:** Profil, diare kronis, anak, usia di bawah lima tahun

**PROFILE OF CHRONIC DIARRHEA IN CHILDREN UNDER FIVE YEARS OF AGE IN INPATIENT INSTALLATION OF RSUD DR. SOETOMO FOR THE PERIOD OF 2015-2019**

**Abstract**

**Background:** Diarrhea is the number two killer of children under the age of five in the world. Besides in the world, diarrhea has also become an endemic disease in Indonesia which has the potential to cause outbreaks and is often accompanied by death. Chronic diarrhea, although less common than acute diarrhea, is a clinical challenge because it is caused by various diseases and is involved in the pathophysiology of other diseases. Even the incidence of several causes of chronic diarrhea is found to be increasing in Europe. **Objective:** This study aims to determine the profile of chronic diarrhea in children under five years old in the inpatient installation of RSUD Dr. Soetomo for the period of 2015-2019. **Method:** This type of research is a retrospective descriptive study using electronic records of patients. **Results:** 45 children (28 boys and 17 girls) were found, most aged 0 - 5 months (35.6%). Most sufferers are classified as good nutrition (40%). Complete fecal examination obtained 96.9% of samples were negative for blood, 58.1% of samples were positive for mucus, yellow as the most color of feces (34.4%), 75% of samples with soft stool consistency, all samples were negative for the amoeba, cysts, larvae and worm eggs, 96.9% of samples were negative for yeast cells, 90.6% of samples were negative for leukocytes, and 53.1% of samples were negative for erythrocytes. Complete blood tests found that most patients had low hematocrit levels (71.9%), hemoglobin levels that fall into the anemia group (75%), with leukocytosis (71.9%), and had normal platelet counts (59.4%). Serum electrolyte examination found that most patients with hypochloremia (38.5%) and normal chloride levels (38.5%), hyponatremia (73.1%), normal potassium levels (61.5%), and hypocalcemia (63 %). Concomitant diseases were found in 36 (80%) samples with each child having  $\geq 1$  disease other than chronic diarrhea, most were related to the endocrine, nutritional and metabolic system in 47 cases (40.7%), with malnutrition as the most accompanying illness in 15 (13%) cases. The way out of the hospital found 39 (86.7%) children were discharged, 4 (8.9%) children died, and 2 (4.4%) forcibly returned home. **Conclusion:** Most diarrhea sufferers in this study were male, 0 - 5 month age group, good nutritional status, complete fecal examination: blood negative, mucus positive, yellow stool color, soft consistency, amoeba negative, cyst negative, larvae negative, worm eggs negative, yeast cells negative, fecal leukocytes negative, and fecal erythrocytes negative, complete blood tests: low hematocrit levels, hemoglobin levels that fall into the anemia group, leukocytosis, and normal platelet counts, serum electrolyte examination: hypochloremia and normal chloride levels, hyponatremia, normal potassium levels, and hypocalcemia, have comorbidities mainly related to the endocrine, nutritional and metabolic systems, and are discharged from the hospital.

**Keywords:** Profile, chronic diarrhea, children, under five years of age