

ABSTRAK

Kadar serum feritin yang tinggi pada pasien talasemia menimbulkan berbagai komplikasi yang menurunkan kualitas hidup pasien. Kadar tersebut dipengaruhi berbagai hal, salah satunya kepatuhan pasien dalam mengkonsumsi obat kelasi besi. Penelitian ini bertujuan untuk mengetahui tingkat kepatuhan konsumsi obat kelasi besi dan kadar serum feritin pada penderita talasemia beta-mayor di RSUD Al-Ihsan Bandung serta hubungan antara keduanya. Penelitian ini merupakan studi *cross sectional* dengan melibatkan 50 pasien talasemia di RSUD Al-Ihsan Bandung yang dipilih secara *consecutive*. Data tingkat kepatuhan diukur dengan kuesioner Morisky Medication Adherence Scale-8 (MMAS-8) yang diisi dengan dipandu oleh peneliti, sedangkan data kadar feritin didapatkan dari rekam medis pasien. Pengambilan data dilakukan pada bulan Juli-September 2019, data dianalisis menggunakan uji *Chi square* dengan bantuan piranti lunak STATA versi 13. Hasil penelitian menunjukkan mayoritas penderita talasemia beta-mayor di RSUD Al-Ihsan Bandung (60%, IK 45.4% - 72.9%) memiliki tingkat kepatuhan rendah dalam konsumsi obat kelasi besi dan sebagian besar memiliki kadar serum feritin >2500 ng/ml (58%, IK 43.5% - 71.2%). Terdapat hubungan bermakna secara statistik antara tingkat kepatuhan konsumsi obat kelasi besi dengan kadar serum feritin pada penderita talasemia beta-mayor di RSUD Al-Ihsan Bandung $p=0.00$ ($p<0.05$).

Kata kunci: Feritin, Kepatuhan, MMAS-8, Talasemia β mayor

ABSTRACT

High serum ferritin levels in thalassemia patients cause various complications that reduce the quality of life of patients. These levels are influenced by various things, one of which is patient compliance in consuming iron chelation. This study aims to determine the level of compliance with iron chelation drug consumption and serum ferritin levels in patients with beta-major thalassemia in Al-Ihsan Regional Hospital Bandung and the relationship between the two. This is a cross-sectional study involving 50 thalassemia patients at Al-Ihsan Regional Hospital Bandung, which was chosen consecutively. We measure the adherence by the Morisky Medication Adherence Scale-8 (MMAS-8) questionnaire, filled out with the researcher's guidance, while ferritin level data was obtained from the patient's medical record. Data was collected in July-September 2019, and data were analyzed using chi-square test with the help of STATA software version 13. The results showed the majority of patients with beta-major thalassemia in Al-Ihsan Regional Hospital Bandung (60%, IK 45.4% - 72.9%) have a low level of compliance in the consumption of iron chelation drugs and most have serum ferritin levels > 2500 ng / ml (58%, IK 43.5% - 71.2%). There was a statistically significant relationship between the level of compliance with iron chelation drug consumption with serum ferritin levels in patients with beta-major thalassemia in Al-Ihsan Regional Hospital Bandung $p = 0.00$ ($p < 0.05$).

Keyword: Ferritin, Adherence, MMAS-8, β -major thalassemia