

Abstrack

Background: HIV/AIDS is a contagious infectious disease that attacks the sufferer's immune system and is still a global health problem that spreads very quickly throughout the world. Based on data from the Ministry of Health of the Republic of Indonesia in 2019, the highest HIV/AIDS cases occurred in Java, with 29,689 HIV cases and 3705 AIDS cases, followed by Sumatra Island with 6043 HIV cases and 1192 AIDS cases. Based on data from the Jambi Provincial Health Office, from 2017-2019 the number of HIV/AIDS cases has always increased. Jambi City is the area with the highest number of cases every year.

Objective: To describe the description of the characteristics of HIV/AIDS patients based on the results of the Rapid test and CD4 values at Raden Mattaher Hospital Jambi.

Methods: This research is descriptive retrospective with a quantitative approach. The population in this study was 145 patients and a minimum sample of 106 patients. Analysis of the data used is descriptive univariate analysis presented in the form of frequency distribution tables and graphs.

Results: The distribution of the frequency of HIV/AIDS sufferers based on the age group of 25-34 years was 44 people (41.1%), men were 75 people (70.1%), high school was 51 people (47.7%), not yet / not working as many as 38 people (35.5%), not married as many as 41 people (38.3%), heterosexual as many as 71 people (66.4%), CD<200 cells/ μ l as many as 56 people (52.3%), had 1 opportunistic infection as many as 61 people (57.0%), candidiasis as many as 49 people (34,3%), stage III as many as 87 people (81.3%).

Conclusion: Although ARV therapy is currently indicated in all HIV/AIDS patients regardless of their CD4 cell count, early CD4 cell counts are considered important, especially in Indonesia where many people with HIV/AIDS are diagnosed with HIV at an advanced stage. CD4 count is needed to assess immunology, determine when to start and prophylactic treatment of opportunistic infections and whether there is an urgent need to start ARV therapy. As a researcher, I expect the government to re-provide CD4 tests which have not been available for the last 2 years.

Keywords: HIV/AIDS, Characteristics, Raden Mattaher Hospital Jambi

ABSTRAK

Latar Belakang : HIV/AIDS merupakan penyakit infeksi menular yang menyerang sistem kekebalan tubuh penderitanya dan masih menjadi masalah kesehatan global yang penyebarannya sangat cepat meluas ke seluruh dunia. Berdasarkan data Depkes RI tahun 2019, kasus HIV/AIDS tertinggi terjadi di Pulau Jawa yakni sebanyak 29.689 kasus HIV dan 3705 kasus AIDS, kemudian diikuti Pulau Sumatra sebanyak 6217 kasus HIV dan 1192 kasus AIDS. Berdasarkan data dinas kesehatan Provinsi Jambi, dari tahun 2017-2019 jumlah kasus HIV/AIDS selalu mengalami peningkatan. Kota Jambi merupakan daerah dengan kasus tertinggi setiap tahunnya.

Tujuan : Untuk mengetahui gambaran karakteristik pasien HIV/AIDS berdasarkan hasil pemeriksaan *Rapid test* dan nilai CD4 di RSUD Raden Mattaher Jambi.

Metode : Penelitian ini bersifat descriptive *retrospektif* dengan pendekatan kuantitatif. Populasi dalam penelitian ini ialah sebanyak 145 pasien dan sampel minimal sebanyak 106 pasien. Analisis data yang digunakan ialah analisis univariat secara deskriptif yang disajikan dalam bentuk table distribusi frekuensi dan grafik.

Hasil : Distribusi frekuensi penderita HIV/AIDS berdasarkan kelompok usia 25-34 tahun sebanyak 44 orang (41,1%), laki-laki sebanyak 75 orang (70,1%), SLTA sebanyak 51 orang (47,7%), belum/tidak bekerja sebanyak 38 orang (35,5%), belum menikah sebanyak 41 orang (38,3%), heteroseksual sebanyak 71 orang (66,4%), CD<200 sel/ μ l sebanyak 56 orang (52,3%), memiliki 1 infeksi oportunistik sebanyak 61 orang (57,0%), data kandidiasis sebanyak 49 orang (34,3,2%), stadium III sebanyak 87 orang (81,3%).

Simpulan : Walaupun terapi ARV saat ini diindikasikan pada semua pasien HIV/AIDS tanpa melihat jumlah CD4-nya, pemeriksaan jumlah CD4 awal tetap dianggap penting, apalagi di Indonesia di mana masih banyak orang dengan HIV/AIDS yang didiagnosis HIV pada kondisi lanjut. Jumlah CD4 diperlukan untuk penilaian imunologi, menentukan kapan memulai dan menghentikan terapi profilaksis infeksi oportunistik serta adakah kesegeraan untuk memulai terapi ARV. Saya sebagai peneliti mengharapkan kepada pemerintah untuk melakukan penyediaan kembali pemeriksaan CD4 yang sempat tidak ada sejak 2 tahun belakangan.

Kata Kunci : HIV/AIDS, Karakteristik, RSUD Raden Mattaher Jambi