

ABSTRAK

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Judul : Status Gizi pada Talasemia β Mayor dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Talasemia β mayor biasanya menjadi bergejala sebagai anemia hemolitik kronis yang progresif mulai dari 6 bulan kedua kehidupan. Pada anak yang tidak mendapatkan transfusi yang adekuat, pertumbuhan dan perkembangan akan sangat terlambat. Pembesaran lien yang progresif sering memperburuk anemianya. Namun transfusi darah yang berulang-ulang dapat menyebabkan hemokromatosis atau hemosiderosis pada organ endokrin dapat mengganggu fungsinya dan menyebabkan retardasi pertumbuhan. Terpenuhinya gizi anak diharapkan akan mencetak umat Muslim yang sehat, kuat dan berakhlak mulia.

Metode: Penelitian ini bersifat deskriptif analitik dengan pendekatan *cross sectional*. Penelitian ini dilaksanakan di Rumah Sakit Umum Pusat (RSUP) Fatmawati Jakarta Selatan pada bulan Juli – September 2020 yang telah memenuhi kriteria inklusi. Interpretasi status gizi yang digunakan adalah kurva BB/TB CDC 2000.

Hasil: Terdapat 93 pasien dengan rata-rata usia $9,2 \pm 4,1$. Jumlah pasien dengan gizi kurang dan normal masing-masing sebanyak 42 orang (45,2%), rata-rata Hb pra-transfusi $8,7 \pm 1,1$ g/dL dan rata-rata kadar feritin 3156 ± 2676 μ g/L. Hb pra-transfusi berpengaruh terhadap dengan status gizi kurang ($p = 0,019$) dan overweight ($p = 0,026$) dibandingkan dengan status gizi normal. Kadar feritin berpengaruh terhadap status gizi kurang ($p = 0,049$) dibandingkan dengan status gizi normal pada pasien talasemia β mayor.

Kesimpulan: Status gizi kurang dan overweight berhubungan dengan Hb pra-transfusi dan kadar feritin pada gizi kurang berhubungan dengan Hb pra transfusi dibandingkan dengan status gizi normal. Dalam tinjauan Islam talasemia β mayor merupakan penyakit berat sehingga keluarga berkewajiban menjaga kualitas hidup pasien dengan memberikan makanan yang halal dan tayyib sehingga dapat berpengaruh positif terhadap kualitas ibadah umat Muslim.

Kata Kunci: *Talasemia β mayor, Status gizi*

ABSTRACT

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Study Programe : Medicine
Title : Nutritional Status of β Thalassemia Major Patients and Its Overview According to Islamic View

Background: β thalassemia major usually becomes symptomatic as a progressive chronic hemolytic anemia starting from the second 6 months of life. In children who do not receive adequate transfusions, growth and development will be very late. The progressive enlargement of the spleen often worsens the anemia. However, repeated blood transfusions can cause hemochromatosis or hemosiderosis of the endocrine organs which can ruin its function and lead to growth retardation. The fulfillment of child nutrition is expected to produce healthy, strong and noble Muslims.

Methods: This study is a descriptive analytic study with a cross sectional approach. This research was conducted at the Fatmawati Central General Hospital (RSUP), South Jakarta in July - September 2020 which met the inclusion criteria. Interpretation of nutritional status used is body weight curve for height CDC 2000.

Results: There were 93 patients with a mean age of 9.2 ± 4.1 . The number of patients with malnutrition and normal were 42 people (45.2%) respectively, the average pre-transfusion Hb was 8.7 ± 1.1 g/dL and the mean ferritin level was 3156 ± 2676 μ /L. Pre-transfusion hemoglobin affected those with under nutritional status ($p = 0.019$) and overweight ($p = 0.026$) compared to normal nutritional status. Ferritin levels have an effect on malnutrition status ($p = 0.049$) compared to normal nutritional status in patients with β thalassemia major.

Conclusion: Underweight and overweight nutritional status was associated with pre-transfusion Hb and ferritin levels in undernutrition were associated with pre-transfusion Hb compared with normal nutritional status. In Islamic review, β thalassemia major is a serious disease so that the family is obliged to maintain the quality of life of the patient by providing halal and tayyib food so that it can have a positive effect on the quality of Muslim worship.

Keywords: β thalassemia major, Nutritional status