

ABSTRAK

Telah dilakukan penelitian observasional prospektif kajian efektivitas dan keamanan penggunaan empat kombinasi antiretroviral berdasarkan kenaikan CD4 di Rumah Sakit Budi Kemuliaan Batam. Penelitian dilakukan terhadap 71 pasien yang memenuhi kriteria inklusi positif HIV/AIDS yang mendapatkan pengobatan 3-4 bulan dan mempunyai CD4 awal dan CD4 evaluasi dari Januari 2014 sampai dengan Juli 2015. Hasil penelitian menunjukkan karakteristik pasien HIV/AIDS berjenis kelamin laki-laki 52,1%, umur 25-49 tahun 91,5 %, berat badan \geq 58 Kg 40,8%, pendidikan SMP dan SMA 40,8%, menikah 63,3%, domisili di Batam 97,2%, sebanyak 83,1% bekerja dengan faktor resiko heteroseksual 90,1%. Empat kombinasi obat antiretroviral yang digunakan pasien HIV/AIDS menunjukkan kombinasi Lamivudin + Zidovudin + Nevirapin, Lamivudin + Zidovudin + Efavirenz, Lamivudin + Tenofovir + Nevirapin dan Lamivudin + Tenofovir + Efavirenz berdasarkan kenaikan CD4 tidak menunjukkan efektivitas bermakna. Kenaikan CD4 dipengaruhi oleh berat badan dan infeksi oportunistik. Efek samping yang paling banyak terjadi selama terapi adalah gatal-gatal 40,8%, susah tidur 15,5 %, mual dan muntah 9,9 %, Pusing 5,6%.

Kata kunci: *CD4, Antiretroviral, Efektivitas, Keamanan*

ABSTRACT

A prospective observational study of the efficacy and safety of using four combinations of antiretrovirals based on the increase of CD4 Budi Kemuliaan Hospital in Batam was done. The study was conducted on 71 patients who met the inclusion criteria with HIV / AIDS receiving treatment 3-4 months and have initial CD4 and CD4 evaluation from January 2014 to July 2015. Results showed the characteristics of patients with HIV / AIDS-sex male 52, 1%, 91.5% aged 25-49 years, body weight \geq 58 kg of 40.8%, middle and high school education 40.8%, 63.3% were married, 97.2% domicile in Batam, as many as 83.1 % working with heterosexual risk factors 90.1%. Four combinations of antiretroviral drugs used HIV / AIDS patients show a combination comprising zidovudine + lamivudine + nevirapine, lamivudine + zidovudine + Efavirenz, Tenofovir + lamivudine + nevirapine and lamivudine + tenofovir + Efavirenz based on the increase of CD4 did not show significant effectiveness. CD4 rise was influenced by weight and opportunistic infections. Side effects that occur most commonly during therapy is itching 40.8%, 15.5% insomnia, nausea and vomiting 9.9%, 5.6% Dizziness.

Keywords: *CD4, Antiretroviral, Effectiveness, Safety*