

**KARAKTERISTIK PASIEN ASMA ANAK
DI POLIKLINIK RSU BMC PADANG**



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ABSTRACT

CHARACTERISTICS OF ASTHMA IN CHILDREN AT RSU BMC PADANG

By

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Asthma is a respiratory disease characterized by chronic inflammation, hyperresponsiveness, and respiratory tract remodelling. Currently, it is recorded that 300 million people suffer from asthma and predicted will reach 400 million in 2025. This makes asthma one of the twenty most common chronic diseases suffered by children. Asthma incidence and prevalence were much higher in children than adults. The aim of this research is to determine the characteristics of asthma in children at RSU BMC Padang.

This study is a retrospective descriptive study with a cross sectional study design. Used 113 medical record data from asthma patients at the pediatric polyclinic RSU BMC Padang from 2020 to 2022 using the consecutive sampling method.

The results revealed that the majority of pediatric asthma patients were male (57.5%), aged 5-11 years (64.6%), domiciled in Padang (91.2%), referred from primary clinic (51.3%), with insurance coverage (81.4%), had no emergency room visits (52.2%) but had more than five visits to the pediatric polyclinic (54.9%). As many as 46% of patients had a positive history of atopy with cigarette smoke as the most common triggering allergen (39.8%). Most of the patients had normal weight nutritional status (49.6%). Intermittent asthma dominated (88.5%) with symptoms of wheezing (23.9%), cough (97.3%), and shortness of breath (84.1%). The high rate of administering oral medications without using an inhalation device (65.5%) such as oral SABA, oral corticosteroids, and a combination of both.

This study found that the majority of pediatric asthma patients at RSU BMC Padang were male, aged 5-11 years, domiciled in Padang, had primary clinic referrals, used health insurance, had no emergency room visits, and visited the pediatric polyclinic more than five times. The majority of patients had a positive history of atopy, cigarette smoke allergen, and normal nutritional status. Intermittent asthma dominates with symptoms such as coughing, shortness of breath, and even wheezing. In addition, there is a higher rate of use of oral drugs compared to inhaled drugs.

Keywords: Asthma, Childhood Asthma, Characteristics

ABSTRAK

KARAKTERISTIK PENYAKIT ASMA PADA ANAK DI RSUD BMC PADANG

Oleh

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Asma merupakan sebuah penyakit respiratori yang ditandai dengan inflamasi kronis, hiperresponsif, dan *remodelling* saluran pernapasan. Saat ini tercatat 300 juta orang menderita asma dan diduga akan mencapai angka 400 juta di tahun 2025. Asma juga merupakan salah satu dari dua puluh penyakit kronis paling umum pada anak. Tujuan penelitian ini adalah untuk mengetahui karakteristik pasien asma anak di Poliklinik RSUD BMC Padang.

Penelitian ini merupakan penelitian deskriptif retrospektif dengan desain penelitian *cross sectional*. Digunakan 113 data rekam medis pasien asma di poliklinik anak RSUD BMC Padang pada tahun 2020 sampai 2022 dengan metode *consecutive sampling*.

Hasil penelitian menunjukkan bahwa pasien asma anak sebagian besar berjenis kelamin laki-laki (57,5%), berusia 5-11 tahun (64,6%), berdomisili Padang (91,2%), rujukan klinik pratama (51,3%), dengan pembiayaan asuransi (81,4%), tidak memiliki kunjungan IGD (52,2%) tetapi memiliki lebih dari lima kali kunjungan ke poliklinik anak (54,9%). Sebanyak 46% pasien memiliki riwayat atopi positif dengan asap rokok sebagai alergen pemicu terbanyak (39,8%). Sebagian besar pasien memiliki status gizi berat badan normal (49,6%). Asma intermiten mendominasi (88,5%) dengan gejala *wheezing* (23,9%), batuk (97,3%), dan sesak napas (84,1%). Banyaknya pemberian obat oral tanpa memakai alat inhalasi (65,5%) seperti SABA oral, kortikosteroid oral, dan kombinasi keduanya.

Penelitian ini menemukan bahwa sebagian besar pasien asma anak di RSUD BMC Padang berjenis kelamin laki-laki, berusia 5-11 tahun, berdomisili Padang, rujukan klinik pratama, menggunakan asuransi kesehatan, tidak memiliki kunjungan IGD, dan berkunjung ke poliklinik anak lebih dari lima kali. Mayoritas pasien memiliki riwayat atopi positif, alergen asap rokok, dan status gizi normal. Asma intermiten mendominasi dengan gejala berupa batuk, sesak napas, bahkan *wheezing*. Selain itu, tingginya angka penggunaan obat oral dibandingkan obat inhalasi.

Kata kunci: Asma, Asma Anak, Karakteristik