

INTISARI

Latar belakang: Angka kejadian sirosis hati di Indonesia menunjukkan pria lebih banyak menderita sirosis dari wanita (2,6 : 1), dan terbanyak didapat pada dekade kelima (usia lima puluhan). Salah satu komplikasi yang paling ditakuti dari sirosis hati adalah varises esofagus karena angka kematian yang tinggi. Rata-rata angka trombosit yang rendah pada kelompok varises, menunjukkan penyakit yang lebih lanjut. Sehingga perlu digali apakah ada hubungan antara trombositopenia dengan derajat varises esofagus.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross sectional*. Pengumpulan data dilakukan di ruang rekam medik RSUP Dr. Sardjito Yogyakarta pada awal bulan Agustus 2015. Data dikumpulkan dari 76 sampel menggunakan rekam medik. Data dianalisis menggunakan uji korelasi *Spearman*.

Hasil: Rata-rata terjadi penurunan angka trombosit (trombositopenia), yaitu 97.981 sel/mm³. Terdapat 9 orang (15,4%) ($p=0,078$) memiliki varises esofagus yang kecil, 37 orang (41%) ($p=0,072$) berukuran sedang dan 30 orang (43%) ($p=0,137$) yang memiliki varises esofagus ukuran besar. Terdapat hubungan yang rendah dengan arah korelasi negatif dan bermakna antara trombositopenia ($p=0,001$) terhadap derajat varises esofagus ($r=-0,378$).

Kesimpulan: Terdapat hubungan rendah dan bermakna antara trombositopenia dengan derajat varises esofagus pada pasien sirosis hati di RSUP Dr. Sardjito Yogyakarta tahun 2009-2014.

Kata kunci: varises esofagus, trombositopenia, sirosis hati.

ABSTRACT

Background: The incidence of liver cirrhosis in Indonesia showed more men suffer from cirrhosis than women (2,6:1), and the highest obtained at the fifth decade (fifties). One of the most feared complication of liver cirrhosis is esophageal varices due to a high mortality rate. The average of low platelet numbers (thrombocytopenia) in varices groups are indicating more advanced disease. So that needs to be explored whether there is a relationship between the degree of thrombocytopenia with esophageal varices.

Methods: This research is an observational analytic research with cross sectional approach. Data collection was done in the Medical Records Department of Dr. Sardjito Yogyakarta in early August 2015. Data were collected from 76 samples using medical records. Data were analyzed using Spearman correlation test.

Result: A decreased in the average number of platelets (thrombocytopenia), which is 97.981 cell/mm³. There are 9 people (15,4%) ($p=0,078$) had small esophageal varices, 37 people (41%) ($p=0,072$) had medium-sized varices and 30 people (43%) ($p=0,137$) who had big-sized of esophageal varices. The result showed a low correlation with negative direction and significant correlation between thrombocytopenia ($p=0,001$) on the degree of esophageal varices ($r= -0,378$).

Conclusion: There is a significant and low correlation between thrombocytopenia and the degree of esophageal varices in patients with liver cirrhosis at the Dr. Sardjito Yogyakarta Hospital in 2009-2014.

Keywords: esophageal varices, thrombocytopenia, liver cirrhosis.