

## INTISARI

**Latar belakang:** Sirosis hati merupakan penyakit kronis pada hati dengan inflamasi dan fibrosis hati. Salah satu komplikasi sirosis hati yang paling sering adalah ruptur varises esofagus. Penelitian di Indonesia menunjukkan prevalensi ruptur varises esofagus pada sirosis hati sebesar 70% dengan mortalitas 26,6%. Setelah terdiagnosis sirosis sebaiknya dilakukan skrining endoskopi untuk menentukan ada tidaknya varises esofagus. Namun, endoskopi menimbulkan ketidaknyamanan bagi pasien dan memerlukan biaya tinggi. Keparahan dari sirosis hati mengakibatkan penurunan albumin dan kenaikan globulin (rasio albumin/globulin). Sehingga perlu diteliti apakah ada hubungan antara rasio albumin/globulin dengan derajat varises esofagus.

**Metode:** Desain penelitian ini adalah 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 32 sampel menggunakan rekam medik. Data dianalisis menggunakan uji korelasi *Spearman*.

**Hasil:** Rata-rata kadar albumin turun, yaitu 2,6 g/dL dan rata-rata kadar globulin naik yaitu 3,47 g/dL. Terdapat 6 orang (18,7%) memiliki varises esofagus yang kecil, 12 orang (37,5%) berukuran sedang dan 14 orang (43,8%) yang memiliki varises esofagus ukuran besar. Terdapat korelasi negatif antara rasio albumin/globulin dan derajat varises esofagus ( $r=-0,501$ ;  $p=0,004$ ).

**Kesimpulan:** Rasio albumin/globulin dapat memprediksi derajat varises esofagus pada pasien sirosis hati.

Kata kunci: rasio albumin/globulin, derajat varises esofagus, sirosis hati.

## **ABSTRACT**

**Background:** Cirrhosis of the liver is a chronic disease of the liver with inflammation and fibrosis. One of the complications of cirrhosis of the liver, most commonly, is rupture of esophageal varices. Researchs in Indonesia showed the prevalence of rupture of esophageal varices in cirrhosis of the liver is 70% with a mortality of 26.6%. Once diagnosed with cirrhosis, endoscopy screening should be performed to determine the presence or absence of esophageal varices. However, endoscopy causes discomfort to the patient and it is costly. The severity of cirrhosis of the liver results in decreased albumin and globulin rise (the ratio of albumin/globulin). Therefore, whether there is a relationship between the ratio of albumin/globulin with a degree of esophageal varices.

**Methods:** The study design was observational analytic research with cross sectional approach. The data collection was carried out in the medical records department of Dr. Sardjito Hospital Yogyakarta in early August 2015. The data were collected from 32 samples using medical records. They were analyzed using Spearman correlation test.

**Result:** Average albumin levels drop, in the level of 2.6 g/dL and the average globulin levels rise, in the level of 3.47 g/dL. There were 6 people (18.7%) who had a small esophageal varices, 12 (37.5%) of medium-sized and 14 (43.8%) who had esophageal varices large size. There was a negative correlation between the ratio of albumin/globulin and degree of esophageal varices ( $r=-0.501$ ;  $p=0.004$ ).

**Conclusion:** The ratio of albumin/globulin can predict the degree of esophageal varices in patients with cirrhosis of the liver.

**Keyword:** ratio of albumin/globulin, degree of esophageal varices, cirrhosis.