

ABSTRACT

THE RELATION OF RISK FACTOR FOR SEVERE PREECLAMPSIA ON THE INCIDENCE OF HELLP SYNDROME AT RSUD DR. H. ABDUL MOELOEK BANDAR LAMPUNG

By

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Background: Preeclampsia is a hypertension that arises after 20 weeks of pregnancy with systolic blood pressure ≥ 160 mmHg and diastolic blood pressure ≥ 110 mmHg accompanied by proteinuria. In severe preeclampsia, the risk of maternal mortality and morbidity increases if symptoms arise that can aggravate the condition of pregnancy in the mother, namely the occurrence of HELLP syndrome. HELLP syndrome can be characterized by hemolysis, increased levels of liver enzymes, and decreased number of thrombocytes. Women are at risk for preeclampsia if they have obesity, primigravida, and old maternal age.

Objective: To determine the relationship between risk factors for severe preeclampsia and the incidence of HELLP syndrome at Dr. H. Abdul Moeloek Hospital Bandar Lampung.

Research Method: This study used observational analytics with cross sectional method in the period January-December 2019 with a total sample of 77. Sampling is done by means of non-probability sampling.

Results: From 77 samples studied, 75.3% multigravida, 24.7% primigravida, 53.2% ≥ 35 years old, 46.8% < 35 years old, 37.7% grade I obesity, 33.8% grade II obesity, 15.6% normal weight, 13% overweight, 12.9% HELLP syndrome, and 87.1% without HELLP syndrome. Fisher's Exact test regarding the relationship of gravida status to the incidence of HELLP syndrome is p-value = 0.531 ($p > 0.05$). The relationship between maternal age and the incidence of HELLP syndrome is p-value=0.001 ($p < 0.05$). The relationship of BMI to the incidence of HELLP syndrome is p-value = 0.027 ($p < 0.05$). Logistic regression analysis obtained maternal age OR=3.511 and body mass index OR 2.521

Conclusion: There is no relationship between gravida status as a risk factor for severe preeclampsia and the incidence of HELLP syndrome at Dr. H. Abdul Moeloek Hospital Bandar Lampung. There is a relationship between maternal age, and BMI as risk factors for severe preeclampsia on the incidence of HELLP syndrome at Dr. H. Abdul Moeloek Hospital Bandar Lampung. The most influential risk factor for the occurrence of HELLP syndrome at Dr. H. Abdul Moeloek Hospital Bandar Lampung is the mother's age.

Keywords: Severe preeclampsia, primigravida, maternal age, obesity, HELLP syndrome

ABSTRAK

HUBUNGAN FAKTOR RISIKO PREEKLAMPSIA BERAT TERHADAP KEJADIAN SINDROM HELLP DI RSUD DR. H. ABDUL MOELOEK BANDAR LAMPUNG

Oleh

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Latar Belakang: Preeklampsia adalah hipertensi yang timbul setelah 20 minggu kehamilan dengan tekanan darah sistolik ≥ 160 mmHg dan tekanan darah diastolik ≥ 110 mmHg disertai dengan proteinuria. Pada preeklampsia berat, risiko mortalitas dan morbiditas ibu semakin meningkat bila timbul gejala yang dapat memperberat kondisi kehamilan pada ibu yaitu terjadinya sindrom HELLP. Sindrom HELLP bisa ditandai dengan adanya hemolisis, peningkatan kadar enzim hepar, dan penurunan jumlah trombosit. Wanita berisiko untuk mengalami preeklampsia jika mengalami obesitas, primigravida, dan usia ibu yang tua.

Tujuan: Untuk mengetahui hubungan faktor risiko preeklampsia berat terhadap kejadian sindrom HELLP di RSUD Dr. H. Abdul Moeloek Bandar Lampung.

Metode Penelitian: Penelitian ini menggunakan analitik observasional dengan metode cross sectional dalam periode Januari-Desember 2019 dengan jumlah sampel sebanyak 77. Pengambilan sampel dilakukan dengan cara non-probability sampling.

Hasil: Dari 77 sampe yang diteliti, didapatkan hasil sebanyak 75.3% multigravida, 24.7% primigravida, 53.2% usia ≥ 35 tahun, 46.8% usia < 35 tahun, 37.7% obesitas tingkat I, 33.8% obesitas tingkat II, 15.6% berat badan normal, 13% berat badan lebih, 12.9% mengalami sindrom HELLP, dan 87.1% tanpa mengalami sindrom HELLP. Uji *Fisher's Exact* mengenai hubungan status gravida terhadap kejadian sindrom HELLP yaitu $p\text{-value}=0,531$ ($p>0,05$). Hubungan usia ibu terhadap kejadian sindrom HELLP yaitu yaitu $p\text{-value}=0,001$ ($p<0,05$). Hubungan IMT terhadap kejadian sindrom HELLP yaitu $p\text{-value}=0,027$ ($p<0,05$). Analisis regresi logistik didapatkan usia ibu OR=3,511 dan indeks masa tubuh OR 2,521

Kesimpulan: Tidak terdapat hubungan status gravida sebagai faktor risiko preeklampsia berat terhadap kejadian sindrom HELLP di di RSUD Dr. H. Abdul Moeloek Bandar Lampung. Terdapat hubungan usia ibu, dan IMT sebagai faktor risiko preeklampsia berat terhadap kejadian sindrom HELLP di RSUD Dr. H. Abdul Moeloek Bandar Lampung. Faktor risiko yang paling berpengaruh terhadap terjadinya sindrom HELLP di RSUD Dr. H. Abdul Moeloek Bandar Lampung adalah usia ibu.

Kata Kunci: Preeklampsia berat, primigravida, usia ibu, obesitas, sindrom HELLP