

ABSTRACT

THE RELATIONSHIP BETWEEN THE RATIONAL USE OF CORTICOSTEROID DRUGS AND C-REACTIVE PROTEIN LEVELS IN RHEUMATOID ARTHRITIS PATIENTS AT DR. H. ABDUL MOELOEK GENERAL HOSPITAL

By

ASTRID DEBORA REHULINA CHRISTINA MARPAUNG

Background: Rheumatoid Arthritis is a chronic autoimmune disease characterized by persistent joint inflammation that can lead to structural damage and systemic manifestations. Corticosteroids are commonly used as adjuvant therapy to reduce inflammation. However, irrational use may decrease therapeutic effectiveness and increase the risk of adverse effects. C-Reactive Protein is an important biomarker for assessing disease activity.

Methods: This cross-sectional observational study used retrospective medical record data of patients with Rheumatoid Arthritis at Dr. H. Abdul Moeloek Hospital during the period of 2022–2024. A total of 38 patients were included through total sampling. The rationality of corticosteroid use was evaluated based on accuracy of indication, drug selection, dosage, and route of administration. The relationship between corticosteroid rationality and C-Reactive Protein levels was analyzed using the Fisher Exact Test.

Results: Rational use of corticosteroids showed 100 percent accuracy in drug selection, dosage, and route of administration, while accuracy of indication reached 94.7%. Controlled C-Reactive Protein levels (<6 mg/L) were observed in 26 patients (68.4%), whereas 12 patients (31.6 %) had uncontrolled C-Reactive Protein levels. The *Fisher Exact Test* showed no statistically significant association between corticosteroid rationality and C-Reactive Protein levels ($p = 0.094$).

Conclusions: : There was no statistically significant relationship between corticosteroid rationality and C-Reactive Protein levels in patients with Rheumatoid Arthritis.

Keywords: C-Reactive Protein, Corticosteroids, Rationality, Rheumatoid Arthritis.

ABSTRAK

HUBUNGAN RASIONALITAS PENGGUNAAN OBAT KORTIKOSTEROID DENGAN NILAI *C-REACTIVE PROTEIN* (CRP) PASIEN *RHEUMATOID ARTHRITIS* DI RSUD DR. H. ABDUL MOELOEK

Oleh

ASTRID DEBORA REHULINA CHRISTINA MARPAUNG

Latar Belakang: *Rheumatoid Arthritis* adalah penyakit autoimun kronis dengan inflamasi sendi yang dapat menyebabkan kerusakan struktural dan manifestasi sistemik. Kortikosteroid digunakan sebagai terapi *adjuvan* untuk menurunkan inflamasi, namun penggunaan yang tidak rasional dapat menurunkan efektivitas dan meningkatkan risiko efek samping. *C-Reactive Protein* menjadi biomarker penting untuk menilai aktivitas penyakit.

Metode: Penelitian ini merupakan studi analitik observasional dengan desain cross sectional menggunakan data rekam medis pasien *Rheumatoid Arthritis* di RSUD Dr. H. Abdul Moeloek periode 2022–2024. Sebanyak 38 pasien diperoleh melalui total sampling. Rasionalitas penggunaan kortikosteroid dievaluasi berdasarkan ketepatan indikasi, obat, dosis, dan cara pemberian, sedangkan hubungan dengan kadar *C-Reactive Protein* dianalisis menggunakan *Fisher Exact Test*.

Hasil: Rasionalitas penggunaan obat menunjukkan ketepatan pada indikator obat, dosis, dan cara pemberian sebesar 100%, sementara ketepatan indikasi sebesar 94,7%. Nilai *C-Reactive Protein* yang terkendali (<6 mg/L) ditemukan pada 26 pasien (68,4%), sedangkan 12 pasien (31,6%) tidak terkendali (≥ 6 mg/L). Hasil analisis bivariat menunjukkan tidak terdapat hubungan bermakna antara rasionalitas penggunaan kortikosteroid dengan nilai *C-Reactive Protein* ($p = 0,094$).

Kesimpulan: Tidak terdapat hubungan bermakna secara statistik antara rasionalitas penggunaan kortikosteroid dengan kadar *C-Reactive Protein* pada pasien *Rheumatoid Arthritis*.

Kata Kunci: *C-Reactive Protein*, Kortikosteroid, Rasionalitas, *Rheumatoid Arthritis*.