

GAMBARAN KADAR C – REACTIVE PROTEIN PADA LANSIA YANG MENGALAMI NYERI SENDI DI LINGKUNGAN PUSKESMAS KALIBARU BEKASI

Oleh :

Kamila Maesya Amelia

201703008

Abstrak

Nyeri sendi merupakan penyakit yang paling sering menyerang lansia. Menurut *World Health Organization* (WHO) 2010, prevalensi nyeri sendi telah diderita 151 juta jiwa dan 24 juta diantaranya berada di Asia Tenggara. Data prevalensi penyakit nyeri sendi di Indonesia menunjukkan usia 45-54 terkena radang sendi dengan persentase 11,1% dan usia 55-64 tahun 15,5%. Nyeri sendi diakibatkan penyakit degeneratif yang mengakibatkan berkurangnya cairan sinovial. Keberadaan nyeri sendi merupakan penyebab terjadinya peradangan tidak khas yang akan meningkatkan sekresi protein tahap akut seperti C-Reactive Protein. Penelitian ini bertujuan untuk mengetahui gambaran kadar C-Reactive Protein pada lansia yang mengalami nyeri sendi di Lingkungan Puskesmas Kalibaru. Metode penelitian dengan pendekatan *crosssectional*. Metode untuk pemeriksaan kadar C-Reactive Protein adalah metode analisa kualitatif dan semi kuantitatif. Pengujian kadar C-Reactive Protein dengan menggunakan metode aglutinasi latek. Objek penelitian adalah lansia yang berusia 45-65 tahun yang mengalami nyeri sendi di Puskesmas Kalibaru. Pemeriksaan sampel dilakukan di laboratorium Imunoserologi STIKes Mitra Keluarga. Sampel yang digunakan berjumlah 50 sampel. Data yang diperoleh di uji dengan statistik deskriptif. Hasil kadar C-Reactive Protein yang didapat dinyatakan bahwa dari 50 responden memiliki rata-rata kadar C-Reactive Protein 22.32 mg/dl. Responden yang mengalami peningkatan kadar C-Reactive Protein terdapat 25 responden dengan kadar tertinggi 48mg/dl dengan titik nyeri sendi terbanyak yaitu >3 titik nyeri sebesar 52 % dan lama mengalami nyeri sendi >6 minggu sebesar 72%.

Kata Kunci : C-Reactive Protein, Lansia, Nyeri Sendi

DESCRIPTION OF C-REACTIVE PROTEIN LEVELS IN ELDERLY EXPERIENCING JOINT PAIN IN KALIBARU BEKASI PUSKESMAS

By :

Kamila Maesya Amelia

201703008

Abstrack

Joint pain is the disease that most often attacks the elderly. According to the World Health Organization (WHO) 2010, the prevalence of joint pain has suffered 151 million people and 24 million of them are in Southeast Asia. Data on the prevalence of joint pain in Indonesia shows the age of 45-54 affected by arthritis with a percentage of 11.1% and aged 55-64 years 15.5%. Joint pain caused by degenerative diseases that result in reduced synovial fluid. The presence of joint pain is a cause of inflammation that is not typical which will increase the secretion of acute stage proteins such as C-Reactive Protein. This study aims to determine the description of C-Reactive Protein levels in the elderly who experience joint pain in the Kalibaru Community Health Center. Research methods with cross-sectional approach. The method for checking C-Reactive Protein levels is a qualitative and semi quantitative analysis method. Testing levels of C-Reactive Protein using the late agglutination method. The object of the study was the elderly aged 45-65 years who experienced joint pain in the Kalibaru Health Center. The sample inspection is carried out in the STIKes Mitra Keluarga Immunoserology laboratory. The sample used amounted to 50 samples. Data obtained were tested with descriptive statistics. The results of C-Reactive Protein levels obtained stated that of 50 respondents had an average C-Reactive Protein level of 22.32 mg / dl. Respondents who experienced an increase in C-Reactive Protein levels were 25 respondents with the highest levels of 48 mg / dl with the most joint pain points of > 3 pain points by 52% and length of joint pain > 6 weeks of 72%.

Keywords: C-Reactive Protein, Elderly, Joint pain