

**HUBUNGAN SINDROM METABOLIK DENGAN HITUNG
JUMLAH CD4 PADA PASIEN HIV/AIDS DI RSPAD GATOT SOEBROTO
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ABSTRAK

Terapi Antiretroviral (ARV) berdampak pada peningkatan harapan hidup pasien yang terinfeksi HIV. Penelitian melaporkan bahwa terdapat risiko komplikasi sindrom metabolik pada pasien yang menerima ARV. CD4 dapat digunakan sebagai penanda imunostimulator yang menggambarkan kondisi imun pada kejadian non-AIDS seperti sindrom metabolik. Tujuan penelitian ini adalah menganalisis hubungan sindrom metabolik dengan hitung jumlah CD4 pada pasien HIV/AIDS. Desain penelitian yang digunakan adalah *cross sectional* dengan data rekam medis 31 pasien HIV/AIDS yang telah menerima terapi ARV minimal 6 bulan di RSPAD Gatot Soebroto, Indonesia. Diagnosis sindrom metabolik berdasarkan kriteria *International Diabetes Federation (IDF)* 2006. Aspek sosiodemografi, komponen sindrom metabolik, dan indeks massa tubuh dievaluasi. Hasil penelitian menunjukkan mayoritas pasien berusia 36–45 tahun (48,4%), berjenis kelamin laki-laki (77,4%), dan berstatus bekerja (83,9%). Komponen sindrom metabolik terbanyak selain obesitas sentral adalah HDL-C rendah (87,1%), diikuti hipertriglisideremia (71%), hiperglikemia (51,6%), dan hipertensi (38,7%). Indeks massa tubuh terbanyak ada pada rentang 25–29,9 (54,8%) yang menunjukkan mayoritas pasien masuk ke dalam kategori obesitas tipe I. Jumlah CD4 ≥ 200 sel/mm³ ditemukan pada 92,9% pasien HIV dengan sindrom metabolik. Hasil analisis bivariat menunjukkan nilai $P = 0,037 (<0,05)$ sehingga dapat disimpulkan terdapat hubungan yang signifikan antara sindrom metabolik dengan hitung jumlah CD4. Pemantauan dan penatalaksanaan yang efektif direkomendasikan untuk pasien terinfeksi HIV yang menunjukkan kriteria sindrom metabolik.

Kata kunci: HIV/AIDS, ARV, sindrom metabolik, CD4

**CORRELATION OF METABOLIC SYNDROME AND CD4 COUNT
IN HIV/AIDS PATIENTS IN RSPAD GATOT SOEBROTO
FROM JANUARY–DECEMBER 2021**

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ABSTRACT

Antiretroviral (ARV) therapy has improved the life expectancy of patients with HIV infection. Studies reported that there is a risk of metabolic syndrome among patients receiving ARV. CD4 can be used as an immunostimulatory marker that describes immune conditions in non-AIDS-related events such as metabolic syndrome. The purpose of this study is to analyze the correlation between metabolic syndrome and CD4 count in HIV/AIDS patients. A cross-sectional study was conducted using medical records of 31 HIV/AIDS patients who have received at least 6 months of ARV therapy in Gatot Soebroto Army Hospital, Indonesia. The diagnosis of metabolic syndrome was made based on International Diabetes Federation (IDF) 2006 criteria. Sociodemographic aspects, components of metabolic syndrome, and body mass index were evaluated. The results showed that the majority of patients were aged 36–45 years (48.4%), male (77.4%), and active working status (83.9%). The most frequently reported component of metabolic syndrome besides central obesity is low HDL-C (87.1%), followed by hypertriglyceridemia (71%), hyperglycemia (51.6%), and hypertension (38.7%). The most prevalent body mass index is in between 25–29,9 (54,8%) which indicates majority of patients belong to class I obesity. CD4 count ≥ 200 cells/mm³ was found in 92.9% of HIV patients with metabolic syndrome. Bivariate analysis showed a P value of 0.037 (<0.05) which confirms a significant association between metabolic syndrome and CD4 count. Effective monitoring and management are recommended for HIV-infected patients who present with metabolic syndrome criteria.

Keywords: HIV/AIDS, ARV, metabolic syndrome, CD4