

Gambaran Klinis Terapi Tension Type Headache dengan Akupunktur Medis di RSPAD Gatot Soebroto Tahun 2022-2023

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Abstrak

Pendahuluan. *Tension Type Headache* (TTH) adalah kondisi neurologis yang paling umum di seluruh dunia dan ditandai dengan serangan sakit kepala berulang dengan intensitas ringan hingga berat, lokasi bilateral, sensasi menekan atau mengencang, dan tidak diperparah oleh aktivitas fisik rutin. Di Indonesia, TTH cukup umum; studi pada tahun 2018 dan 2019 menemukan prevalensi sekitar 24,1% hingga 26,5% pada orang dewasa usia 18-65 tahun. Namun, penelitian yang telah dilakukan belum mencapai skop yang luas, sehingga pengetahuan tentang masalah patologis seperti sifat dan lokasi stimulus yang berbahaya masih sangat terbatas. Penelitian ini bertujuan untuk melihat Gambaran klinis pasien *tension type headache* yang melakukan terapi akupunktur medis di RSPAD Gatot Soebroto tahun 2022, meliputi usia, jenis kelamin, tipe *tension type headache*, indeks massa tubuh, serta tingkat kolesterol. **Metode.** Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross-sectional*. **Hasil.** Terdapat 25 data rekam medis pasien *tension type headache* yang memenuhi kriteria penelitian. Pada tahun 2022-2023, pasien *tension type headache* di RSPAD Gatot Soebroto lebih banyak yang berusia antara 35-45 tahun (56%), dengan jenis kelamin perempuan mendominasi (56%). Data indeks massa tubuh yang didistribusikan pada pasien *tension type headache* didominasi dengan pasien IMT Normal (18.5-25) dengan persentase (60%). Data Kadar Total Kolesterol menunjukkan bahwa pasien dengan kadar total kolesterol abnormal (> 200 mg/dL) mendominasi (60%) distribusi kadar kolesterol di RSPAD Gatot Soebroto pada tahun 2022–2023. **Kesimpulan.** Gambaran pasien *tension type headache* di RSPAD Gatot Soebroto pada tahun 2022-2023 paling banyak dalam rentang usia 35-45 tahun, berjenis kelamin perempuan, mengalami peningkatan kadar Total Kolesterol abnormal (>200 mg/dL) dan IMT normal (18.5-25).

Kata Kunci: *Tension Type Headache* (TTH), gambaran klinis *tension type headache*, usia, jenis kelamin, kadar total kolesterol, indeks massa tubuh (IMT)

Key Word : Tension Type Headache (TTH), Clinical features of tension type headache, age, sex, total cholesterol level, body mass index

Clinical Overview of Tension Type Headache Therapy with Medical Acupuncture at Gatot Soebroto Army Hospital Year 2022-2023

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Abstract

Introduction. Tension Type Headache (TTH) is the most common neurological condition worldwide and is characterized by recurrent headache attacks of mild to severe intensity, bilateral location, pressing or tightening sensation, and not aggravated by routine physical activity. In Indonesia, TTH is quite common; studies in 2018 and 2019 found a prevalence of around 24.1% to 26.5% in adults aged 18-65 years. However, the studies that have been conducted have not reached a wide scope, so knowledge about pathological issues such as the nature and location of the noxious stimulus is still very limited. This study aims to look at the clinical features of tension type headache patients who perform medical acupuncture therapy at Gatot Soebroto Army Hospital in 2022-2023, including age, gender, type of tension type headache, body mass index, and cholesterol level. **Methods.** This study is a descriptive study with a cross-sectional approach. **Results.** There were 25 medical records of tension type headache patients who met the research criteria. In 2022-2023, patients with tension type headache at Gatot Soebroto Army Hospital were between the age of 35-45 years (56%), with female being the dominant gender (56%). Distributed data regarding body mass index in tension type headache patients are dominated by Normal BMI patients (18.5-25) with a percentage of (60%). Total cholesterol level data shows that patients with abnormal total cholesterol levels (> 200 mg/dL) dominate (60%) the distribution of cholesterol levels at Gatot Soebroto Army Hospital in 2022-2023. **Conclusion.** The description of tension type headache patients at RSPAD Gatot Soebroto in 2022-2023 is mostly in the range of age between 35-45 years, female gender, experiencing an increase in abnormal total cholesterol levels (>200 mg/dL) and normal BMI (18.5-25).

Key Word : Tension Type Headache (TTH), Clinical features of tension type headache, age, sex, total cholesterol level, body mass index