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HUBUNGAN STATUS GIZI DENGAN KECEPATAN HANTAR SARAF NERVUS MEDIANUS PADA PASIEN *CARPAL TUNNEL SYNDROME* DI RSPAD GATOT SOEBROTO P

RINCIAN HALAMAN (xi + 53 halaman, 9 tabel, 1 gambar, 4 lampiran)

ABSTRAK

Tujuan

Carpal Tunnel Syndrome (CTS) merupakan gangguan neurologis akibat kompresi nervus medianus di pergelangan tangan yang sering dikaitkan dengan berbagai faktor risiko, termasuk status gizi. Peningkatan indeks massa tubuh (IMT) diduga dapat memengaruhi kecepatan hantar saraf (KHS) pada pasien CTS, namun bukti klinis di Indonesia masih terbatas. Penelitian ini bertujuan untuk mengetahui hubungan status gizi berdasarkan IMT dengan kecepatan hantar saraf nervus medianus pada pasien CTS di RSPAD Gatot Soebroto.

Metodologi

Penelitian ini menggunakan desain analitik korelatif dengan pendekatan potong lintang (cross-sectional). Sampel terdiri dari 60 pasien CTS yang memenuhi kriteria inklusi di RSPAD Gatot Soebroto pada periode September 2023 hingga Desember 2024.

Hasil

Mayoritas responden adalah perempuan (71,7%) dan berusia 40-60 tahun (61,7%). Sebanyak 53,3% pasien memiliki status gizi overweight atau obesitas. Hasil uji Chi-Square menunjukkan terdapat hubungan signifikan antara status gizi berdasarkan IMT dengan penurunan kecepatan hantar saraf pada pasien CTS ($p = 0,004$). Namun, tidak ditemukan hubungan signifikan antara IMT dengan tingkat keparahan CTS berdasarkan hasil ENMG ($p = 0,359$).

Kesimpulan

Berdasarkan hasil penelitian didapatkan adanya hubungan yang signifikan antara status gizi dengan kecepatan hantar saraf nervus medianus. Namun, IMT tidak selalu berkorelasi dengan derajat keparahan CTS secara elektrofisiologis. Hasil ini menegaskan pentingnya pengelolaan status gizi pada pasien CTS untuk mencegah penurunan fungsi saraf lebih lanjut.

Daftar Pustaka 41 (2010-2024)

Kata Kunci : *Carpal Tunnel Syndrome* (CTS), status gizi, indeks massa tubuh (IMT), kecepatan hantar saraf.

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THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND MEDIAN NERVE CONDUCTION VELOCITY IN CARPAL TUNNEL SYNDROME PATIENTS AT RSPAD GATOT SOEBROTO

PAGE DETAILS (xi + 53 pages, 9 tables, 1 figure, 4 appendices)

ABSTRAK

Tujuan

Carpal Tunnel Syndrome (CTS) is a neurological disorder caused by compression of the median nerve at the wrist, often associated with various risk factors, including nutritional status. An increased body mass index (BMI) is suspected to affect nerve conduction velocity (NCV) in CTS patients, but clinical evidence in Indonesia remains limited. This study aims to determine the relationship between nutritional status based on BMI and median nerve conduction velocity in CTS patients at RSPAD Gatot Soebroto Hospital.

Metodologi

This research employed a correlational analytic design with a cross-sectional approach. The sample consisted of 60 CTS patients who met the inclusion criteria at RSPAD Gatot Soebroto Hospital from September 2023 to December 2024.

Hasil

The majority of respondents were female (71.7%) and aged 40-60 years (61.7%). A total of 53.3% of patients were overweight or obese. The Chi-Square test showed a significant relationship between nutritional status based on BMI and decreased nerve conduction velocity in CTS patients (p = 0.004). However, no significant relationship was found between BMI and the severity of CTS based on ENMG results (p = 0.359).

Kesimpulan

Based on the research results, a significant relationship was found between nutritional status and median nerve conduction velocity. However, BMI does not always correlate with the electrophysiological severity of CTS. These findings emphasize the importance of managing nutritional status in CTS patients to prevent further deterioration of nerve function.

References *41 (2010-2024)*

Keyword : *Carpal Tunnel Syndrome (CTS)*, *nutritional status, body mass indeks (BMI), nerve conduction velocity*