

**PENGARUH TINGKAT KEPATUHAN MINUM OBAT
ANTIRETROVIRAL *FIXED DOSE COMBINATION*
TERHADAP KADAR CD4, SERTA GAMBARAN INFEKSI
OPORTUNISTIK DAN BERAT BADAN ODHA
BERDASARKAN KATEGORI KADAR CD4 DI RUMAH
SAKIT PENGAYOMAN CIPINANG TAHUN 2014-2018**

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Abstrak

Orang Dengan HIV/AIDS (ODHA) memiliki sistem imun tubuh yang lemah dan mudah terkena infeksi. Oleh karenanya ODHA harus mengonsumsi obat Antiretroviral (ARV) untuk mempertahankan imun tubuhnya. Tujuan penelitian ini adalah mengetahui pengaruh tingkat kepatuhan minum obat ARV terhadap kadar CD4+ pada ODHA di Rumah Sakit Pengayoman Cipinang tahun 2018. Penelitian ini menggunakan desain *cross sectional* pada 91 pasien yang diambil dengan *consecutive sampling* di Poli *Voluntary Counseling and Testing* (VCT) RS Pengayoman Cipinang. Subjek penelitian diambil dari ODHA di atas umur 17 tahun yang sedang atau pernah menjalani terapi ARV FDC sekurang-kurangnya selama 1 tahun dan tidak mengalami *drug induced* hepatitis. Instrumen penelitian yang digunakan adalah Ikhtisar Perawatan HIV dan Terapi ARV. Hasil penelitian menunjukkan 65,9% pasien memiliki tingkat kepatuhan minum obat yang baik dan 79,1% pasien mengalami peningkatan kadar CD4+. Hasil uji *Chi Square* menunjukkan terdapat pengaruh antara tingkat kepatuhan minum obat dengan kadar CD4+ ($p= 0,000$). Didapatkan pula sebanyak 57,1% pasien tidak mengalami kenaikan berat badan atau bahkan mengalami penurunan berat badan. Kejadian infeksi oportunistik terbanyak adalah tuberkulosis dengan total 52 kejadian.

Kata Kunci: Antiretroviral *Fixed Dose Combination*, CD4+, Kepatuhan Minum Obat, Orang Dengan HIV AIDS

**EVALUATION ON THE EFFECT OF FIXED DOSE
COMBINATION ANTIRETROVIRAL LEVEL OF DRUG
ADHERENCE ON CD4 LEVEL, AND DESCRIPTION OF
OPORTUNISTIC INFECTION AND WEIGHT OF PLWHA
BASED ON CD4 LEVEL CATEGORY IN PENGAYOMAN
CIPINANG HOSPITAL 2014 - 2018**

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Abstract

People Living With HIV / AIDS (PLWHA) have weak immune system and can be easily affected by infection. Therefore, PLWHA should take ARV drugs to maintain the body's immune. The purpose of this study is to determine the effect of antiretroviral adherence level on CD4 levels in people living with HIV in Pengayoman Cipinang Hospital in 2018. This research uses cross sectional design in 91 patients taken with consecutive sampling from The Voluntary Counseling and Testing (VCT) Departement in RS Penganyoman Cipinang. Subjects were taken from PLWHA over the age of 17 years old who were or had undergone FDC ARV therapy for at least 1 year and were not suffering from drug induced hepatitis. The research instrument used is an Overview of HIV Treatment and ARV Therapy. The results showed that 65.9% of patients had good medication adherence levels and 79.1% of patients had elevated CD4 + levels. Chi Square test shows that there is a significant influence between the level of medication adherence with CD4 + levels in PLWHA in RS Pengayoman Cipinang ($p = 0.000$). From this research we also can found that as many as 57.1% of patients did not gain weight or even lose weight and most of the opportunistic infection is tuberculosis with a total of 52 cases.

Keywords: CD4+, Drug adherence, Fixed Dose Combination Antiretroviral, People Living With HIV AIDS