

HUBUNGAN ANTARA KONSENTRASI TROMBOSIT PLASMA KAYA TROMBOSIT (PKT) TERHADAP PERBAIKAN SKOR LUTUT PASIEN OSTEOARTHRITIS (OA) LUTUT

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ABSTRAK

Konsentrasi trombosit adalah salah satu faktor penting dalam pengobatan OA dengan PKT. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara konsentrasi trombosit PKT terhadap perbaikan skor lutut pasien OA lutut. Penelitian ini melibatkan 50 pasien yang terdiagnosis OA lutut. Dua puluh lima pasien memiliki riwayat injeksi PKT konsentrasi sedang (1 s.d. 4 kali trombosit terkonsentrasi), dua puluh lima pasien yang lain memiliki riwayat injeksi PKT konsentrasi tinggi (>4 s.d. 6 kali trombosit terkonsentrasi). Pasien dievaluasi menggunakan kuesioner *International Knee Documentation Committee* (IKDC) dan *Western Ontario and McMaster Universities Osteoarthritis Index* (WOMAC) pada sebelum dan tiga bulan setelah injeksi PKT. Hasil analisis bivariat menunjukkan bahwa terdapat perbedaan bermakna pada selisih skor IKDC dan WOMAC subskala nyeri antara kedua kelompok (nilai $p < 0,05$), sementara itu, perbedaan bermakna pada selisih skor WOMAC subskala kekakuan dan fungsi antara kedua kelompok tidak ditemukan (nilai $p > 0,05$). Kesimpulan dari penelitian ini adalah, pertama, terdapat hubungan yang bermakna antara konsentrasi trombosit PKT terhadap perbaikan skor IKDC dan WOMAC subskala nyeri pasien OA lutut, kedua, tidak terdapat hubungan yang bermakna antara konsentrasi trombosit PKT terhadap perbaikan skor WOMAC subskala kekakuan dan fungsi pasien OA lutut.

Kata Kunci: Lutut, Osteoarthritis, Platelet Kaya Plasma.

THE CORRELATION BETWEEN PLATELET CONCENTRATION OF PLATELET-RICH PLASMA (PRP) TO KNEE SCORE IMPROVEMENT IN KNEE OSTEOARTHRITIS (OA) PATIENTS

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ABSTRACT

Platelet concentration is one of the important factors in OA treatment with PRP. The purpose of this study was to determine the relationship between platelet concentration of PRP to knee score improvement in knee OA patients. This study involved 50 patients diagnosed with knee OA. Twenty-five patients received PRP with moderate platelet concentration (1× to 4×), another twenty-five patients received PRP with high platelet concentration (>4× to 6×). Patients were evaluated using the International Knee Documentation Committee (IKDC) and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) questionnaire before and three months after injection with PRP. Bivariate analysis showed that there were significant differences in the difference between IKDC and WOMAC pain scores between the two groups ($p < 0.05$), meanwhile, significant differences in the difference between WOMAC stiffness and function scores between the two groups weren't found ($p > 0.05$). The conclusions of this study were, first, there was a significant correlation between platelet concentration of PRP to IKDC and WOMAC pain scores improvement in knee OA patients, secondly, there was no significant correlation between platelet concentration of PRP to WOMAC stiffness and function scores improvement in knee OA patients.

Keyword: Knee, Osteoarthritis, Platelet-Rich Plasma.