

EFEKTIVITAS TERAPI KOMBINASI LASERPUNKTUR DAN TERAPI ANTIEMETIK STANDAR TERHADAP SKOR *RHODES INDEX OF NAUSEA, VOMITING AND RETCHING* (RINVR) PADA PASIEN KANKER REMAJA YANG MENJALANI KEMOTERAPI

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ABSTRAK

Pendahuluan: *chemotherapy induced nausea and vomiting* (CINV) adalah mual dan muntah pasca kemoterapi yang sering menimbulkan kecemasan terutama pada remaja. Perlindungan lengkap antiemetik standar terhadap CINV pada anak dan remaja yang menerima obat kemoterapi emetogenik sedang dan kuat kurang dari 50%. Akupunktur salah satu terapi non farmakologis terbukti memperbaiki gejala CINV. Penelitian ini bertujuan menilai efektivitas laserpunktur dan antiemetik standar dalam memperbaiki gejala CINV terhadap skor *Rhodes index of nausea, vomiting and retching* (RINVR) pada pasien remaja yang menjalani kemoterapi. **Metode:** Uji klinis acak tersamar ganda dengan kontrol laserpunktur *sham* dilakukan pada 58 subjek penelitian yang dirandomisasi menjadi 2 kelompok. Kelompok perlakuan mendapatkan laserpunktur dan antiemetik standar serta kelompok kontrol mendapatkan laserpunktur *sham* dan antiemetik standar. Tindakan dilakukan sekali sehari selama pasien menjalankan kemoterapi. Penilaian gejala CINV menggunakan skor RINVR yang dilakukan dari 2 jam sebelum kemoterapi, saat kemoterapi hingga 3 hari pasca kemoterapi. **Hasil:** Skor RINVR pada kelompok laserpunktur dan antiemetik standar dibandingkan kelompok laserpunktur *sham* dan antiemetik standar pada 2 jam sebelum kemoterapi, hari kemoterapi dan 3 hari pasca kemoterapi mempunyai skor RINVR yang lebih rendah serta perbedaan skor RINVR antara kedua kelompok berbeda bermakna secara statistik. **Kesimpulan:** Kombinasi laserpunktur dan antiemetik standar efektif dalam memperbaiki gejala CINV berdasarkan penurunan skor RINVR pada pasien kanker remaja yang menjalankan kemoterapi serta aman untuk diaplikasikan.

Kata Kunci: laserpunktur, *chemotherapy induced nausea and vomiting* (CINV), *Sham* laserpunktur, *Rhodes index of nausea, vomiting and retching* (RINVR)

ABSTRACT

Introduction : *Chemotherapy induced nausea and vomiting* (CINV) is nausea and vomiting that occurs after chemotherapy. The discomfort caused by chemotherapy often causes anxiety, especially in teenagers. Complete protection of standard antiemetic drugs against CINV symptoms in children and adolescents receiving moderately and strongly emetogenic chemotherapy drugs was less than 50%. Acupuncture is a non-pharmacological treatment that has been proven to improve CINV symptoms. The aim of this study was to assess the effectiveness of laserpuncture and standard antiemetic in improving CINV symptoms on *Rhodes index of nausea, vomiting and retching* (RINVR) scores in adolescent patients undergoing chemotherapy. **Methods :** Randomized double-blind clinical trial with sham control. 58 adolescent cancer patients undergoing chemotherapy who were randomly into 2 groups. The treatment group received laserpuncture and standard antiemetics and the control group received sham laserpuncture and standard antiemetics. The treatment is performed once a day while the patient is undergoing chemotherapy. CINV symptom assessment using the RINVR score was carried out from 2 hours before chemotherapy, during chemotherapy until 3 days after chemotherapy. **Results :** The RINVR score in the laserpuncture and standard antiemetic group compared to sham laserpuncture and standard antiemetic group at 2 hours before chemotherapy, the day of chemotherapy and 3 days after chemotherapy had a lower value and the difference in RINVR score between the two groups was statistically significant. **Conclusion :** The combination of laserpuncture and standard antiemetics is effective in improving CINV symptoms based on reducing RINVR scores in adolescent cancer patients undergoing chemotherapy and is safe to apply.

Keywords: laserpuncture, *chemotherapy induced nausea and vomiting* (CINV), *laserpuncture Sham*, *Rhodes index of nausea, vomiting and retching* (RINVR)