

HUBUNGAN ANTARA TEKANAN DARAH DAN DERAJAT KEPARAHAN PASIEN PSORIASIS DI KABUPATEN BANYUMAS

ABSTRAK

Psoriasis merupakan penyakit inflamasi kulit autoimun, bersifat kronik dan residif, dengan plak eritema berbatas tegas, skuama kasar dan berlapis. Penelitian sebelumnya menunjukkan tekanan darah merupakan faktor risiko yang dapat memperberat psoriasis. Hubungan tekanan darah dan derajat keparahan psoriasis belum pernah diteliti di Kabupaten Banyumas. Tujuan penelitian ini untuk mengetahui hubungan antara tekanan darah dan derajat keparahan pasien psoriasis di Kabupaten Banyumas. Desain penelitian ini merupakan observasional analitik dengan rancangan *cross-sectional*. Subyek penelitian adalah 75 pasien psoriasis yang berobat di Rumah Sakit Margono Soekarjo dan Rumah Sakit Umum daerah Banyumas. Diagnosis dan perhitungan skor *Psoriasis Area Severity Index* untuk menilai derajat keparahan psoriasis dilakukan oleh 2 dokter spesialis kulit dan kelamin. Kategori skor PASI dibagi menjadi ringan (<7), sedang (7-12) dan berat (>12). Tekanan darah diukur menggunakan *sphygmomanometer* digital. Tekanan darah (sistolik/diastolik mmHg) dikategorikan menjadi normal (<120 dan <80 mmHg), prehipertensi (120-129/<80 mmHg), Hipertensi 1 (130-139/80-89 mmHg) dan hipertensi 2 ($\geq 140/\geq 90$ mmHg). Analisis data menggunakan uji *spearman's rank*, dengan nilai $p < 0.05$ menunjukkan hubungan yang bermakna. Hasil penelitian diperoleh pasien psoriasis dengan skor PASI ringan 3 orang (4%), ringan 28 orang (37,3%) dan berat 44 orang (58,7%). Pasien psoriasis dengan tekanan darah normal 25 orang (20%), prehipertensi 17 orang (22,7%), hipertensi derajat I ada 20 orang (13,3%) dan hipertensi derajat II ada 33 orang (44%). Hasil analisis antara tekanan darah dan derajat keparahan psoriasis menunjukkan $p = 0,128$ ($p > 0,05$). Kesimpulan dari penelitian ini tidak ada hubungan yang bermakna antara tekanan darah dan derajat keparahan pasien psoriasis di Kabupaten Banyumas.

Kata kunci: Psoriasis, skor PASI, tekanan darah.

CORRELATION BETWEEN BLOOD PRESSURE AND SEVERITY DISEASE OF PSORIASIS PATIENTS IN BANYUMAS REGENCY

ABSTRACT

Psoriasis is an autoimmune skin inflammatory disease, chronic and residual, with firmly defined erythema plaques, squares are rough and layered. Previous research showed blood pressure is a risk factor that could exacerbating psoriasis. The relationship between blood pressure and severity disease of psoriasis has never been studied in Banyumas District. The aim of this study was to determine the relationship between blood pressure and the severity disease of psoriasis patients in Banyumas Regency. The design of this study was observational analytic with cross-sectional design. The research subjects were 75 psoriasis patients which treated at Margono Soekarjo Hospital and Banyumas Regional General Hospital. The diagnosis and calculation of the Psoriasis Area Severity Index score to assess the severity of psoriasis was carried out by 2 dermatovenerology. The PASI score category was divided into mild (<7), moderate (7-12) and severe (>12). Blood pressure was measured using a digital sphygmomanometer. Blood pressure (systolic/diastolic mmHg) was categorized as normal (<120 and <80 mmHg), prehypertension (120-129/<80 mmHg), Hypertension 1 (130-139/80-89 mmHg) and hypertension 2 ($\geq 140/\geq 90$ mmHg). Data analysis used a spearman's rank test, with a value of $p < 0.05$ indicating a meaningful relationship. The results of the study were obtained by PASI score of psoriasis patients with 3 people are mild (4%), 28 people moderate (37.3%) and 44 people severe (58.7%). Psoriasis patients with normal blood pressure 25 people (20%), prehypertension 17 people (22.7%), hypertension degree I there were 20 people (13.3%) and hypertension degree II there were 33 people (44%). The results of the analysis between blood pressure and psoriasis severity showed $p=0.128$ ($p > 0.05$). The conclusion of this study is that there is no significant relationship between blood pressure and the severity disease of psoriasis patients in Banyumas Regency.

Keywords: Psoriasis, blood pressure, PASI score