

ABSTRAK

Latar Belakang : HIV merupakan tipe virus yang menginfeksi sel darah putih khususnya CD4. Individu yang terinfeksi HIV membutuhkan pengobatan antiretroviral untuk menurunkan jumlah virus dalam tubuh selanjutnya mencegah pasien ke tahap AIDS dan perbaikan klinis. Terapi Antiretroviral terdiri dari 3 jenis obat antiretroviral.

Tujuan : Mengetahui pengobatan antiretroviral di klinik penyakit Tropik dan Infeksi Prof.DR. Umar.Zein pada tahun 2021.

Metode : Penelitian ini menggunakan metode deskriptif observasional, data rekam medik. Besar sample 28 orang.

Hasil : Penelitian ini menunjukkan hasil pasien infeksi HIV mayoritas pria (71%), usia 36-45 tahun (39%) dan status menikah (61%). Jumlah CD4 awal mayoritas <400 sel/mm³ (64%), CD4 akhir mayoritas tidak diperiksa (64%). Jenis antiretroviral yang digunakan adalah *Nucleoside and Nucleotide Reverse Transcriptase Inhibitor* (NRTI), *Non Nucleoside Reverse Transcriptase Inhibitor* (NNRTI), dan *Protease Inhibitor* (PI). Dengan kombinasi antiretroviral awal terbanyak yaitu Tenofovir+Lamivudine+Nevirapine (50%), sedangkan mayoritas pasien infeksi HIV tidak mengalami pergantian pemberian Antiretroviral (79%).

Simpulan : Pengobatan terapi antiretroviral pasien infeksi HIV di klinik penyakit Tropik dan Infeksi prof.dr. Umar Zein didominasi oleh kombinasi Tenofovir, Lamivudine, Nevirapine, yang termasuk dalam lini pertama jenis terapi ARV yang menggunakan dua NRTI ditambah satu NNRTI.

Kata Kunci : Antiretroviral, CD4, HIV.

ABSTRACT

Background: *HIV is a type of virus that infects white blood cells, especially CD4 cells. HIV-infected individuals require antiretroviral treatment to reduce the amount of virus in the body and subsequently prevent the patient from progressing to the AIDS stage and clinical improvement. Antiretroviral therapy consists of 3 types of antiretroviral drugs.*

Objective: *Knowing antiretroviral treatment at the Prof.DR.Umar.Zein Tropical and Infectious Diseases Clinic in 2021.*

Methods: *This study used descriptive observational method, medical record data. Sample size 28 people.*

Results: *This study showed that the majority of patients with HIV infection were male (71%), aged 36-45 years (39%) and married (61%). The majority of the initial CD4 count was <400 cells/mm³ (64%), the majority of the final CD4 count was not checked (64%). The types of antiretrovirals used were Nucleoside and Nucleotide Reverse Transcriptase Inhibitor (NRTI), Non Nucleoside Reverse Transcriptase Inhibitor (NNRTI), and Protease Inhibitor (PI). The most common initial antiretroviral combination was Tenofovir+Lamivudine+Nevirapine (50%), while the majority of patients with HIV infection did not experience a change in antiretroviral administration (79%).*

Conclusion: *Antiretroviral therapy treatment of patients with HIV infection at the prof.dr.Umar Zein Tropical and Infectious Diseases Clinic is dominated by the combination of Tenofovir, Lamivudine, Nevirapine, which is included in the first line of ARV therapy using two NRTIs plus one NNRTI.*

Keywords : *Antiretroviral, CD4, HIV.*