

UJI KOMPARASI ANTIRETROVIRAL TLE DAN TLD TERHADAP DETEKSI *VIRAL LOAD* ODHIV DI RSUD SELE BE SOLU KOTA SORONG TAHUN 2024

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ABSTRAK

Human Immunodeficiency Virus (HIV) dan *Acquired Immunodeficiency Syndrome* (AIDS) tergolong sebagai penyakit menular (*communicable disease*). Pengendalian HIV/AIDS dilakukan dengan pemberian obat antiretroviral (ARV) yang dapat meningkatkan angka harapan hidup dan prognosis dari penderita. Pada tahun 2019 WHO merekomendasikan TLD sebagai terapi lini pertama yang efektif dalam menurunkan *viral load* menggantikan jenis ARV lini pertama sebelumnya yaitu TLE. Menanggapi fenomena tersebut penelitian ini hadir untuk melakukan komparasi terhadap angka deteksi *viral load* antara ARV jenis TLE dan TLD. Penelitian ini menggunakan metode kuantitatif analitik observasional dengan desain cross-sectional bersumber dari rekam medis dan ikhtisar perawatan pasien HIV di RSUD Sele Be Solu tahun 2024, adapun teknik sampling yang digunakan berupa purposive sampling. Penelitian ini melibatkan 40 pengguna TLE dan 40 pengguna TLD dengan status deteksi *viral load* dinyatakan tidak terdeteksi bila jumlah virus dalam tubuh <40 kopi/mL. Hasil penelitian ini menunjukkan bahwa sebanyak 44 (55%) subjek penelitian memiliki status *viral load* tidak terdeteksi dan sebanyak 36 (45%) memiliki status *viral load* terdeteksi. Ditemukan bahwa pengguna ARV jenis TLE dengan status *viral load* tidak terdeteksi sebanyak 15 (37,5%) sedangkan yang memiliki status *viral load* terdeteksi sebanyak 25 (62,5%). Adapun pengguna ARV jenis TLD dengan status *viral load* tidak terdeteksi sebanyak 29 (72,5%) sedangkan yang memiliki status *viral load* terdeteksi hanya sebanyak 11 (27,5%). Hasil komparasi dalam penelitian ini menunjukkan ditemukannya perbedaan yang signifikan antara penggunaan ARV jenis TLE dan jenis TLD terhadap deteksi *viral load* pasien ODHIV ($p=0,003$) dan asosiasi negatif berupa faktor protektif terhadap *viral load* dengan pengobatan TLD, nilai prevalence odd ratio (POR) 0,228 (95% CI : 0,089 – 0,585).

Kata Kunci : ARV, HIV, TLE, TLD, *Viral load*

COMPARATIVE TEST OF ANTIRETROVIRAL TLE AND TLD ON VIRAL LOAD DETECTION OF PLHIV IN SELE BE SOLU REGIONAL HOSPITAL, SORONG CITY IN 2024

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ABSTRACT

Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) are classified as infectious diseases (communicable diseases). Control of HIV/AIDS is carried out by administering antiretroviral drugs (ARVs) which can increase life expectancy and prognosis of sufferers. In 2019, WHO recommended TLD as an effective first-line therapy in reducing viral load, replacing the previous first-line ARV type, namely TLE. In response to this phenomenon, this study is here to compare the viral load detection rates between TLE and TLD types of ARVs. This study used an observational analytical quantitative method with a cross-sectional design sourced from medical records and a summary of HIV patient care at Sele Be Solu Regional Hospital in 2024, while the sampling technique used was purposive sampling. This study involved 40 TLE users and 40 TLD users with a viral load detection status stated as undetectable if the amount of virus in the body is <40 copies/mL. The results of this study showed that 44 (55%) of the study subjects had an undetectable viral load status and 36 (45%) had a detectable viral load status. It was found that TLE type ARV users with an undetectable viral load status were 15 (37.5%) while those with a detectable viral load status were 25 (62.5%). Meanwhile, TLD type ARV users with an undetectable viral load status were 29 (72.5%) while those with a detectable viral load status were only 11 (27.5%). The comparative results in this study showed a significant difference between the use of TLE and TLD types of ARVs on the detection of viral load in PLHIV patients ($p = 0.003$) and a negative association in the form of a protective factor against viral load with TLD treatment, prevalence odds ratio (POR) value 0.228 (95% CI: 0.089 - 0.585).

Keywords: ARV, HIV, TLE, TLD, Viral load