

ABSTRAK

Talasemia merupakan penyakit *hemolitik* klinis dengan gejala utama anemia dan memerlukan transfusi darah berulang. Pasien dengan talasemia mayor yang mendapatkan transfusi berulang akan mengalami deposit besi (*hemosiderosis*) pada kelenjar tiroid yang menyebabkan timbulnya gangguan pada sistem endokrin berupa kurangnya produksi hormon pertumbuhan (*growth hormone*), sehingga terjadi gangguan pertumbuhan. Kepatuhan dalam mengkonsumsi kelasi besi ini efektif menurunkan kadar besi dalam tubuh. Penelitian ini bertujuan untuk mengetahui tingkat kepatuhan konsumsi kelasi besi dengan pertumbuhan pasien talasemia mayor.

Jenis penelitian ini menggunakan metode penelitian *Literature Review* dengan pendekatan *Systematic Review*. Populasi dalam penelitian ini sebanyak 932 dan sebanyak tiga jurnal nasional dan satu jurnal internasional yang dijadikan sampel di tentukan dengan kriteria inklusi dan eksklusi yang sudah ditetapkan, yang kemudian dianalisis dengan instrumen *Joanna Briggs Institute (JBI) critical appraisal checklist analytical cross sectional studies*.

Pada hasil penelitian ini didapatkan 4 jurnal yang dijadikan sampel yang dianalisis dengan instrumen *Joanna Briggs Institute (JBI) critical appraisal checklist analytical cross sectional studies* menyatakan ada hubungan kepatuhan konsumsi kelasi besi dengan pertumbuhan pasien talasemia mayor. Untuk peneliti selanjutnya dapat meneliti lebih lanjut terkait dengan hubungan tingkat kepatuhan konsumsi kelasi besi dengan pertumbuhan pasien talasemia mayor.

Kata kunci : kepatuhan kelasi besi, pertumbuhan, talasemia

Daftar Pustaka : 7 Buku (2010-2019)

4 website (2017-2019)

10 Jurnal (2008-2020)

ABSTRACT

Thalassemia is a clinical hemolytic disease with the main symptoms of anemia and requires repeated blood transfusions. Patients with thalassemia major who receive repeated transfusions will experience iron deposits (hemosiderosis) in the thyroid gland, which causes disruption of the endocrine system in the form of a lack of growth hormone production, resulting in growth problems. Compliance in consuming iron chelation is effective in reducing iron levels in the body. This study aims to determine the level of compliance with iron chelation consumption with the growth of thalassemia major patients.

This type of research uses the Literature Review research method with a Systematic Review approach. The population in this study was 932 and as many as three national journals and one international journal sampled were determined by predetermined inclusion and exclusion criteria, which were then analyzed using the Joanna Briggs Critical (JBI) critical appraisal checklist analytical cross sectional studies instrument.

In the results of this study, 4 journals were sampled which were analyzed with the Joanna Briggs Critical (JBI) critical appraisal checklist analytical cross sectional study, which stated that there was a relationship between adherence to iron chelation consumption and the growth of thalassemia major patients. For further researchers, it can be further investigated the relationship between the level of adherence to iron chelation consumption with the growth of thalassemia major patients.

Key words: iron chelation compliance, growth, thalassemia

Bibliography: 7 Books (2010-2019)

4 websites (2017-2019)

10 Journals (2008-2020)