

ABSTRAK

Pendahuluan: Mukositis oral adalah suatu cedera jaringan mukosa normal ditandai sebagai peradangan akut mukosa mulut, lidah, dan faring setelah paparan kemoradiasi. Mukositis oral pasca kemoradiasi umumnya disertai dengan nyeri menelan atau *odinofagia*. Kumur *povidone iodine 1%* merupakan obat kumur antiseptik yang banyak digunakan untuk mencegah infeksi di rongga mulut.

Tujuan: penelitian ini adalah untuk mengetahui pengaruh kumur *povidone iodine 1%* terhadap kejadian mukositis oral pada penderita karsinoma kepala dan leher.

Metode: Sebanyak 44 sampel pasien keganasan kepala dan leher masing – masing dibagi menjadi 22 orang kelompok kontrol dan 22 kelompok intervensi dengan kumur *povidone iodine 1%* diikuti dalam penelitian eksperimen dengan pengambilan sampel *single blinded* di RSUP Dr. Kariadi Semarang tahun 2022. Derajat mukositis oral dan *odinofagia* dinilai pasca kemoradiasi ke 0, 5, 10, dan 15. Analisis data dilakukan dengan uji Fisher dan Mann Whitney.

Hasil: Pada kelompok kumur *povidone iodine 1%* didapatkan tanpa mukositis 17 orang (77,3%), mukositis derajat I sebanyak 5 orang (22,7%), mukositis derajat II, III dan IV sebanyak 0 orang (0,0%) ($p = 0.001$). Pada kelompok *povidone iodine 1%* didapatkan tanpa *odinofagia* 17 orang (77,3%) dan *odinofagia* 5 orang (22,7%) ($p = 0.015$).

Kesimpulan: Kejadian mukositis oral lebih sedikit dan derajat nyeri *odinofagia* lebih rendah pada penderita karsinoma kepala dan leher yang mendapat obat kumur *povidone iodine 1%* dibandingkan kelompok kontrol.

Kata Kunci: Mukositis Oral, Povidone Iodine 1%, Odinofagia, Keganasan Kepala dan Leher

ABSTRACT

Background: Oral mucositis is an injury of normal mucosal tissue with an acute inflammation of the oral, tongue, and pharyngeal mucosa after exposure to chemoradiotherapy. Post-chemoradiotherapy oral mucositis is commonly accompanied by painful swallowing or odynophagia. Povidone iodine 1% is an antiseptic mouthwash that widely used to prevent infections in the oral cavity.

Objective: This study was to determine the effect of 1% povidone iodine on the incidence of oral mucositis in patients with head and neck malignancy.

Method: A total samples of 44 patients with head and neck malignancy after chemoradiotherapy were divided into control groups of 22 samples and intervention groups of 22 samples with 1% povidone iodine were included in experimental research with single blinded sampling at Dr. Kariadi Semarang Center Hospital in 2022. The degree of oral mucositis and odynophagia were graded after chemoradiotherapy to 0, 5, 10, and 15. Data analysis was performed using correlation and Mann Whitney test.

Results: In the 1% povidone iodine group, 17 people (77.3%) were found without mucositis, 5 people (22.7%) mucositis oral grade I, with no samples had oral mucositis grade II, III, and IV ($p = 0.001$). In the 1% povidone iodine group, 17 people (77.3%) were found without odynophagia and 5 people (22.7%) had odynophagia ($p = 0.015$).

Conclusion: The incidence of oral mucositis is less and the degree of odynophagia pain is lower in the head and neck carcinoma group receiving 1% povidone iodine compared to the control group.

Keywords: Oral Mucositis, Povidone Iodine 1%, Odynophagia, Head and Neck Malignancy