

**TESIS**



**PERBANDINGAN ANTARA PEMBERIAN INJEKSI TRIAMCINOLON  
EPIDURAL DENGAN INJEKSI DEKSAMETASON EPIDURAL TERHADAP  
PERUBAHAN INTENSITAS NYERI DAN GAMBARAN  
ELEKTROFISIOLOGI PENDERITA HNP SERVIKAL KRONIS**

**Oleh :**

**dr. Ria Astari Yudhasyah**

**22041319320014**

**Pembimbing :**

- 1. dr. Trianggoro Budisulistyo, Sp.N,Subsp. NNNK(K), Dipl Of Pain,RA**
- 2. Dr.dr. Endang Kustiowati,Sp.N,Subdp.NNET(K),Msi.Med**

**BAGIAN NEUROLOGI  
FAKULTAS KEDOKTERAN UNIVERSITAS DIPONEGORO /  
RSUP DR. KARIADI SEMARANG**

**2023**

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**TESIS**

Untuk memperoleh gelar Spesialis Neurologi

Fakultas Kedokteran Universitas Diponegoro

Untuk Diujikan

Pada Bulan Desember 2023

Oleh

Ria Astari Yudhasyah

22041319320014

**Perbandingan Antara Pemberian Injeksi Triamcinolom Epidural Dengan  
Injeksi Epidural Epidural Terhadap Perubahan Intensitas Nyeri Dan  
Gambaran Elektrofisiologi Penderita HNP Servikal Kronis**

disusun oleh

**Ria Astari Yudhasyah**

**22041319320014**

Menyetujui,

Komisi Pembimbing

Pembimbing I

Pembimbing II

dr. Trianggoro Budisulistyo, Sp.N, Subsp.NNKK(K),

Dipl of Pain, RA

NIP. 19720822 200812 1 002

Ketua Penguji

Dr. dr. Endang Kustiowati, Sp.N, Subsp. NNET(K),

MSi.Med

NIP. 19540904 198410 2 001

Penguji II

Prof. dr. Amin Husni, PAK, Sp.N,  
Subsp.NGD(K), M.Sc

NIP. 19490507 197603 1 002

Tanggal :

dr. Hexanto Muhartomo, Sp.N, Subsp.  
Ped(K), M.Kes

NIP. 19650421 200501 1 001

Tanggal :

Mengetahui,

Ketua Program Studi Neurologi

Fakultas Kedokteran UNDIP

dr. Suryadi, Sp.N, Subsp. NNNK(K), MSi.Med

NIP. 19640214 200912 1 001

Tanggal :

dr. Hexanto Muhartomo, Sp.N, Subsp. Ped(K), M.Kes

NIP. 19650421 200501 1 001

Tanggal :

## **PERNYATAAN**

Saya yang bertanda tangan dibawah ini menyatakan bahwa tesis ini adalah hasil pekerjaan saya sendiri dan didalamnya tidak terdapat karya yang pernah diajukan untuk memperoleh gelar kesarjanaan di suatu perguruan tinggi dan Lembaga pendidikan lainnya. Pengetahuan yang diperoleh dari hasil penerbitan maupun yang belum/ tidak diterbitkan, sumber dijelaskan didalam tulisan dan daftar pustaka.

Semarang, November 2023

Ria Astari Yudhasyah

22041319320014

**Dexamethasone Showed Better Outcomes Than Triamcinolone For Managing Neuropathic Pain Syndromes Among Cervical Disc Herniation Patients At 3-Month Follow-Up**

**Journal Name :** Anaesthesia, Pain & Intensive Care

**Manuscript ID :** 103-1703594987

**Manuscript Type :** Original Research

**Submission Date :** 26-Dec-2023

**Abstract :** Background: Cervical disc herniation (CDH) is the most common cause of radicular pain, which one-third of the population suffered at more than 6 months. Epidural steroid injection is quite commonly performed in this disorder, whether in acute or chronic phases. There are two steroid drugs commonly used: triamcinolone and dexamethasone, which both observed efficacies. This study is aimed at comparing both to neuropathic pain improvement. Methods: The randomized blinded control trial study was conducted in Dr. Kariadi Semarang in Indonesia. Chronic CDH patients were divided into two groups: Triamcinolone and Dexamethasone, who performed interlaminar cervical epidural injections under fluoroscopic guidance. Our study might run from January 2022 to July 2023, so the PainDETECT scoring was carried out before and 3 Months afterward. Comparison to determine effective therapy using the Mann-Whitney test, and significantly defined  $p < 0.05$ . Results: Forty-two subjects were involved in the study, Dexamethasone 21 and Triamcinolone 21 people. After dexamethasone injection 4 of the 5 remained nociceptive, 7 of the 7 unclear pain became nociceptive, and 5 of the 9 neuropathic pain became unclear pain. The results of the marginal homelessness test obtained a p-value  $< 0.001$ , which means that there was a significant difference in pain scores before and after epidural dexamethasone injection. The results of the marginal homelessness test obtained a value of  $p = 0.007$ , which means that epidural triamcinolone injection has an effect on pain scores in chronic CDH patients. Conclusion: Dexamethasone might be use for treating chronic neck pain due to CDH being more effective than Triamcinolone.

**Keywords :** Keywords: chronic CDH, neck pain, epidural steroid injection, Dexamethasone, Triamcinolone, Pain DETECT