

**CHARACTERISTICS OF POST-OPERATIVE ENDOMETRIOSIS CYST PATIENTS WITH
GONADOTROPIN RELEASING HORMONE (GnRH) AGONISTS TREATMENT AT RSUP Dr. KARIADI
SEMARANG**

**PERBANDINGAN REKURENSI ENDOMETRIOSIS 1 TAHUN DAN 2 TAHUN PADA PASIEN KISTA
ENDOMETRIOSIS PASCA OPERASI DENGAN PENGOBATAN GONADOTROPIN RELEASING
HORMONE (GnRH) AGONIS DI RSUP Dr. KARIADI SEMARANG**

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Abstract

Background: Endometriosis is a chronic gynecological disorder that generally manifests as chronic pain and infertility. It is possible that the recurrence rate of endometriosis cysts will still be visible and will even increase over time. GnRH (Gonadotropin Releasing Hormone) is a decapeptide structure that is synthesized in the arcuate nucleus of the hypothalamus. GnRH agonists are useful in regressing endometriosis cysts through the mechanism of hypoestrogenism by blocking estrogen production in the ovaries.

Aim: This study aims to determine the characteristics of post-operative endometriosis cyst patients with 6 cycles of Gonadotropin Releasing Hormone (GnRH) agonist treatment at RSUP Dr. Kariadi Semarang.

Method: This study used analytical observational with retrospective descriptive, with variables of the type of operation the patient underwent, the patient's age, the patient's parity and the patient's BMI. Research subjects were female patients with post-operative endometriosis cysts who had undergone 6 cycles of GnRH agonist treatment at RSUP Dr. Kariadi Semarang during the period May 2019 to May 2023 and meets the inclusion and exclusion criteria.

Result: Based on the results of the analysis, data on the characteristics of endometriosis cyst patients who underwent 6x cycles of GnRH agonist treatment were dominated by laparoscopic procedures (61.2%), the BMI variable was dominated by the overweight category (36.7%), the parity variable was dominated by parity 0/infertility (51 %), and the age variable is dominated by the age range 20-45 years (93.9%). These results will be useful as input for further analysis regarding post-operative endometriosis cysts with GnRH Agonist treatment, especially at Dr. Kariadi Semarang.

Conclusion: Further research needs to be carried out with a larger sample size, more variables and a longer time to determine the recurrence of endometriosis in patients with post-operative endometriosis cysts using Gonadotropin Releasing Hormone (GnRH) agonist treatment.

Keywords: Characteristics; Endometriosis Cyst; GnRH; RSUP Dr. Kariadi.

Abstrak

Latar Belakang: Endometriosis merupakan gangguan ginekologi kronis yang umumnya bermanifestasi sebagai nyeri kronis dan infertilitas. Tingkat kekambuhan kista endometriosis, dimungkinkan masih terlihat bahkan akan semakin meningkat seiring dengan berjalannya waktu. GnRH (Gonadotropin Releasing Hormone) merupakan struktur dekapeptida yang disintesis di daerah nukleus arkuatus hipotalamus. GnRH agonis, bermanfaat dalam regresi kista endometriosis melalui mekanisme hypoestrogenisme dengan menghalangi produksi estrogen dalam ovarium.

Tujuan: Penelitian ini bertujuan untuk mengetahui karakteristik pasien kista endometriosis pasca operasi dengan pengobatan Gonadotropin Releasing Hormone (GnRH) agonis 6 siklus di RSUP Dr. Kariadi Semarang.

Metode: Penelitian ini menggunakan observasional analitik dengan deskriptif retrospektif, dengan variabel jenis operasi yang dijalani pasien, usia pasien, paritas pasien dan BMI pasien. Sedangkan Subjek penelitian adalah pasien perempuan dengan kista endometriosis pasca operasi yang telah menjalani pengobatan GnRH agonis 6 kali siklus di RSUP Dr. Kariadi Semarang selama periode Mei 2019 sampai Mei 2023 serta memenuhi kriteria inklusi dan eksklusi.

Hasil: Berdasarkan hasil analisis, Data karakteristik pasien kista endometriosis yang menjalani pengobatan GnRH agonis 6x siklus didominasi oleh tindakan laparaskopi (61,2%), variabel BMI yang didominasi kategori overweight (36,7%), variabel paritas yang didominasi paritas 0/infertilitas (51%), dan variabel usia yang didominasi oleh rentang usia 20-45 tahun (93,9%). Hasil ini akan bermanfaat sebagai input analisis lanjutan terkait kista endometriosis pasca operasi dengan pengobatan Gonadotropin Releasing Hormonis (GnRH) Agonis, khususnya di RSUP Dr. Kariadi Semarang.

Kesimpulan: Penelitian lanjutan perlu dilakukan dengan jumlah sampel yang lebih besar, variabel yang lebih banyak dan waktu yang lebih lama untuk mengetahui terhadap rekurensi endometriosis pada pasien kista endometriosis pasca operasi menggunakan pengobatan *Gonadotropin Releasing Hormone* (GnRH) agonis.

Kata Kunci: Karakteristik, Kista Endometriosis, GnRH, RSUP Dr. Kariadi