

ABSTRAK

Pendahuluan: Infeksi virus dengue pada kehamilan meningkatkan morbiditas maternal dan komplikasi obstetri. Lama rawat inap merupakan indikator keparahan penyakit sekaligus beban pelayanan kesehatan. Diperlukan identifikasi faktor prediktor untuk mengoptimalkan manajemen klinis.

Tujuan: Menganalisis pengaruh berbagai faktor risiko klinis, laboratoris, komplikasi obstetri, serta kombinasi berbagai faktor tersebut terhadap lama rawat inap ibu hamil dengan infeksi virus dengue.

Metode: Penelitian kasus kontrol dilakukan di RSUP Dr. Kariadi Semarang. Sejumlah 44 ibu hamil dianalisis dengan rasio kasus kontrol 1:1, terdiri atas 22 kasus dengan lama rawat inap ≥ 6 hari dan 22 kontrol dengan lama rawat inap < 6 hari. Cut-off 6 hari digunakan karena mewakili lama rawat inap yang lebih panjang dari rerata perawatan dengue pada penelitian sebelumnya, serta sesuai dengan pertimbangan klinis dan administratif rumah sakit bahwa perawatan ≥ 6 hari mencerminkan kebutuhan pemantauan dan tata laksana yang lebih kompleks. Variabel penelitian meliputi usia kehamilan, derajat dengue, trombositopenia berat, *platelet-to-lymphocyte ratio* (PLR), komplikasi obstetri, komorbiditas, infeksi penyerta, status persalinan, kebutuhan transfusi, dan perawatan ICU. Data dianalisis menggunakan uji bivariat, regresi logistik biner metode *backward stepwise likelihood ratio*, serta analisis kombinasi.

Hasil: Rerata usia ibu adalah $27,09 \pm 5,09$ tahun dengan rerata usia kehamilan $31,68 \pm 8,64$ minggu, di mana mayoritas berada pada trimester III (75,0%), dan sebagian besar mengalami dengue ringan (72,7%). Analisis multivariat menunjukkan bahwa derajat dengue merupakan faktor independen yang paling berpengaruh terhadap lama rawat inap (OR 9,825; IK95% 1,648–58,594; $p=0,012$). Hasil analisis kombinasi menunjukkan bahwa derajat dengue berat yang disertai usia kehamilan trimester III berpengaruh terhadap lama rawat inap (OR 12,00; IK95% 1,35–106,80; $p=0,02$).

Simpulan: Pada penelitian ini, derajat keparahan dengue merupakan faktor utama yang memengaruhi lama rawat inap pada ibu hamil. Kombinasi antara dengue berat dan kehamilan trimester ketiga meningkatkan risiko durasi rawat inap yang lebih lama.

Kata kunci: faktor risiko, dengue pada kehamilan, derajat dengue, lama rawat inap

ABSTRACT

Background: Dengue virus infection during pregnancy increases maternal morbidity and obstetric complications. Total length of hospital stay is an indicator of disease severity as well as healthcare burden. Identification of predictive factors is required to optimize clinical management.

Objective: To analyze the influence of various clinical, laboratory, and obstetric risk factors, as well as their combinations, on the total length of hospital stay in pregnant women with dengue virus infection.

Methods: A case-control study was conducted at Dr. Kariadi General Hospital, Semarang. A total of 44 pregnant women were analyzed using a 1:1 case-control ratio, consisting of 22 cases with a length of hospital stay ≥ 6 days and 22 controls with a length of hospital stay < 6 days. The 6-day cut-off was used because it represents a longer hospital stay than the average duration reported in previous dengue studies, and is also in line with clinical and administrative considerations indicating that hospitalization for ≥ 6 days reflects the need for more intensive monitoring and management. The study variables included gestational age, dengue severity, severe thrombocytopenia, platelet-to-lymphocyte ratio (PLR), obstetric complications, comorbidities, concomitant infections, delivery status, transfusion requirement, and ICU admission. Data were analyzed using bivariate analysis, binary logistic regression with the backward stepwise likelihood ratio method, and combination analysis.

Results: The mean maternal age was 27.09 ± 5.09 years, with a mean gestational age of 31.68 ± 8.64 weeks, where the majority were in the third trimester (75.0%), and most cases were classified as mild dengue (72.7%). Multivariate analysis indicated that dengue severity was the most influential independent factor affecting the total length of hospital stay (OR 9.825; 95% CI: 1.648–58.594; $p=0.012$). Combined analysis further demonstrated that severe dengue accompanied by third-trimester gestational age significantly influenced the total length of hospital stay (OR 12.00; 95% CI: 1.35–106.80; $p=0.02$).

Conclusion: In this study, dengue severity is a key factor influencing the total length of stay in pregnant women. Furthermore, the combination of severe dengue and third-trimester pregnancy increases the risk of length of stay-

Keywords: risk factors, dengue in pregnancy, dengue severity, length of hospital stay