



ASUHAN KEPERAWATAN PADA PASIEN DENGAN SYSTEMIC LUPUS ERYTHEMATOSUS (SLE)

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Definisi

Systemic Lupus Erythematosus adalah penyakit autoimun kronis. Pada penyakit autoimun tubuh melakukan reaksi yang berlebihan terhadap stimulus asing dan memproduksi banyak antibodi ataupun protein- protein yang melawan jaringan tubuh. Sistem imun ini tidak dapat membedakan antara senyawa asing dan jaringan tubuhnya sendiri sehingga menyebabkan antibodi bereaksi menyerang jaringan dan sel tubuhnya sendiri. Antibodi ini disebut autoantibodi yang menyebabkan terjadinya inflamasi dan kerusakan pada sebagian besar jaringan tubuh. (Kyle, 2014).

Systemic Lupus Erythematosus merupakan salah satu dari beberapa jenis Lupus Erythematosus. Jenis Lupus Erythematosus yaitu *Discoid Lupus* (DLE) yang menyerang organ bagian dalam, serta *Drug Induce Lupus* (DILE) yang diakibatkan obat tanpa adanya sejarah penyakit rematik. Se jauh ini obat- obatan yang memiliki risiko tinggi yaitu hidralazine (obat darah tinggi) sebesar 5-8% dan prokainamide (obat penstabil detak jantung) sebesar 20%. Diantara bentuk *DLE* terdapat bentuk kelainan lain, yaitu *Subacute Cutaneous Erythematosus*. Bentuk ini merupakan kelainan mukokutan dengan gejala sistemik yang ringan sampai sedang. Kelainan ini ditandai oleh keterlibatan sistemik yang ringan dan muncul ketika terjadi kelainan autoantibodi. *Systemic Lupus Erythematosus* menyerang multiorgan dengan gambaran klinik yang sangat bervariasi, diantaranya sendi, kulit, ginjal, paru- paru, jantung, pembuluh darah, sistem syaraf, otak, dan mulut serta menyebabkan kematian. (Kyle, 2014).



Klasifikasi

Menurut Hasdianah dkk (2014) Penyakit Systemic lupus erythematosus (SLE) dapat diklasifikasikan menjadi 4 macam. Terdapat empat klasifikasi Systemic lupus erythematosus (SLE), yaitu :

1. *Systemic lupus erythematosus (SLE)* merupakan jenis lupus yang paling umum dan banyak diderita. Penyakit SLE merupakan penyakit radangan atau inflamasi multisistem yang disebabkan oleh banyak faktor dan dikarakterisasi oleh adanya gangguan disregulasi sistem imun berupa peningkatan sistem imun

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Zahi Touma



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