

Prestasi Membanggakan diraih oleh Mahasiswa FK UPNVJ pada Lomba PCC AMSC 2020

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HumasUPNVJ - Mahasiswa Fakultas Kedokteran UPN Veteran Jakarta kembali berhasil meraih prestasi. Mereka berhasil menjadi juara 1 pada lomba PCC AMSC 2020 (*Pre-Conference Competition Asian Medical Students Conference*) kategori *scientific poster* dengan tema *Trauma care : Same Problems with Different Solutions*.

Lomba ini merupakan lomba tahunan yang diadakan oleh *Asian Medical Student's Conference Association* Indonesia (AMSA-Indonesia) yang digelar secara *online* untuk menjaring anggotanya yang akan menjadi delegasi AMSA-Indonesia di konferensi tersebut.

Lomba ini diikuti oleh mahasiswa (member AMSA) dari puluhan fakultas kedokteran di Indonesia. Seharusnya, tahun ini AMSC 2020 diadakan di London pada tanggal 29 Juni - 05 Juli mendatang , tetapi karena adanya pandemic Covid-19 ini, acara diundur sampai dengan batas waktu yang belum bisa dipastikan.

Tim yang bergabung dalam perlombaan ini diantaranya, Annisa Nur Insani, Bunga Vidya Prajanta, Goldy Natanael, Nitya Fithra Salsabila Alhaque.

Annisa Nur Insani mewakili timnya menjelaskan kepada Humas UPNVJ mengenai lomba yang mereka ikuti, "Dalam lomba ini kami membuat *systematic review* yang disajikan dengan media poster, judul karya kami yaitu : *CSF Biomarkers to Predict Injury Severity and Predicting Neurological Recovery in Human Traumatic Spinal Cord Injury: A Systematic Review*". Jelasnya

CSF Biomarkers To Predict Injury Severity and Predicting Neurological Recovery in Human Traumatic Spinal Cord Injury : a Systematic Review

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1 INTRODUCTION

Spinal cord injury (SCI) is a devastating condition that can lead to significant neurological impairment and reduced quality of life (Hachem, Ahuja, & Fehlings, 2017). Estimated global SCI incidence is 40 to 60 new cases per million population per year, based on quality country-level incidence studies of spinal cord injury from all causes. This means that every year, between 250,000 and 500,000 people become spinal cord injured (Birkenbecher & Society, 2013). This number of yearly SCI patients have their own severity which differs in the treatment approach and possible future recovery. In the current settings, assessment of spinal cord injury includes American Spinal Injury Association Impairment Scale (AIS) and Frankel score classification. However, there is a recognized challenge in conducting this examination in the early phase of injury.

In its current format, the International Standards for Neurological Classification of SCI (ISNCSCI) examination requires acute SCI patients to be conscious and cooperative enough to participate in a fairly detailed assessment of motor and sensory function. However, many such patients cannot be examined reliably upon arrival in the emergency room because of concomitant injuries or pharmacological sedation/intoxication (Burns, Lee, DiLuomo, & Tessier, 2003; Lee, et al., 2012). This makes many SCI patients in the acute phase unable to be measured. Because of this limitation, we identified an alternative to the mentioned assessment tool to avoid any problems measuring patients with SCI. Recent biomolecular studies of cerebrospinal fluid (CSF) components have led us to the findings of substances that are seen as a potential indicator of patients' prognosis.

Preclinical and translational studies have highlighted the molecular pathology that follows trauma, divided into three phases: acute (a few seconds or minute after the injury), secondary (from a few minutes to a few weeks after the injury), and chronic (some months to years after the injury) (Tran, Warren, & Silver, 2016). In the acute phase, mechanical and vascular events are prevalent such as edema and alterations of the clinical microenvironment, where excitotoxicity and infiltration by circulating macrophages prevails. Many of these events are also present in the secondary phase, in particular oxidative stress, inflammation, and immunological reaction also mediated by microglial cells, that lead to the infiltration of astroglial scarring, extensive demyelination and the electrophysiological collapse. In the chronic phase, demyelination, astroglial reaction and the central cavitation continues and are prevalent (James, et al., 2011). Therefore, the biochemical analysis of the cerebrospinal fluid (CSF) composition at specific times after the trauma has been pursued for lesion severity and prognostic biomarkers discovery (Fernández, et al., 2020).

This systematic review aims to study the usage of CSF biomarkers as a potential tool in predicting injury severity and future neurological recovery of SCI patients.

RESULTS & DISCUSSION

No.	Author Year	Design	Patients groups	Sample Size	Assessment Time	Outcome	Time of Sampling	Observation	Findings	Rank
1	Chen et al. 2016	RCT	Spinal cord injury patients	2032	AIS	CSF	7 days	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	
2	Estévez et al. 2015	CS	Acute traumatic SCI patients	30	AIS	CSF	30 days post injury	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	
3	Estévez et al. 2015	CS	Acute traumatic SCI patients	30	AIS	CSF	30 days post injury	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	
4	Morales et al. 2016	Meta-analysis	Control and trauma patients	11522	AIS	CSF	20h and 3 months post injury	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	
5	Elmaghr et al. 2016	CS	SCI in veterans	4622	AIS	CSF	week 1, 2, and 3	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	
6	Shah et al. 2017	CS	Acute SCI	2032	AIS	CSF	24h, 48h, and 96h post injury	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	
7	Fernández et al. 2020	CS	Acute SCI	48	AIS	CSF and CSF + MRI	15 days post injury	CSF concentration increased markedly in a mean of 1 week (10 days) after trauma compared to a mean of 2 weeks (14 days) after trauma. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D. CSF concentration increased significantly in patients with AIS A and AIS B compared to AIS C and AIS D.	16	

Table 1. Characteristics of Included Studies

Seven studies were reviewed with the total sample of 280 patients. We identified a variety of potential proteins obtained from CSF which was reflected in the overall increase of CSF inflammatory proteins concentrations in the acute phase of injury. We also found the concentrations variability in each AIS or Frankel grade. This finding could make it possible for CSF biomarkers to classify baseline AIS or Frankel grade objectively without having to conduct full sensory and motor examination. Six of seven studies also assessed the use of each biomarker in predicting improvement in six months post injury using conversion of AIS score and total motor score (TMS). Results show that higher concentrations of analyzed biomarkers are associated with more severe injury and lesser chance of neurological improvement. Dakic et al. (2016) explain that this may be due to the association of more-severe injuries with a greater release of the analyzed proteins into the CSF. Furthermore, Each study reviewed addressed particular proteins with the most significant results which can be used and evaluated more comprehensively in future studies.

Despite the promising result, the size of each study is still limited, therefore, further studies with larger samples are required. Furthermore, factors and variability of subjects in their response to injury should be thoroughly assessed as the result might be confounded by a variety of factors.

2 MATERIALS & METHODS

INCLUSION CRITERIA

1. Samples using CSF
2. Study published in 2015-2020

EXCLUSION CRITERIA

1. Non-human trials
2. Using non-english
3. Full text irretrievable

QUALITY ASSESSMENT

CEBM Level of Evidence

KEYWORDS

("Cerebrospinal fluid") OR ("CSF") AND ("Traumatic spinal cord injury") AND ("Prognosis")

IDENTIFICATION

Records identified through database searching (n = 432)
 PubMed = 49
 Scopus = 45
 Science direct = 3
 PLOS ONE = 40
 Proquest = 295

Additional records identified through other sources (n = 6)

Records after duplicates removed (n = 406)

SCREENING

Titles and abstract screened (n = 408)

Records excluded (n = 386)
 - published before 2015 = 242
 - data doesn't correlate = 142

ELIGIBILITY

Full-text articles assessed for eligibility (n = 24)

Full-text articles excluded (n = 7)
 - 7 full text irretrievable
 - 7 systematic review
 - 2 non human trials
 - 1 non CSF samples

INCLUDED

Studies included in qualitative synthesis (n = 7)

Figure 1. Diagram Flow of Literature Search Strategy

CONCLUSION

CSF biomarkers are potentially useful in classifying patients severity and predicting SCI outcome. The discovery of CSF biomarkers in SCI may bring benefits and lead to a more comprehensive approach in the evaluation and treatment of SCI cases, ultimately resulting in the improvement of the quality of life of SCI patients.

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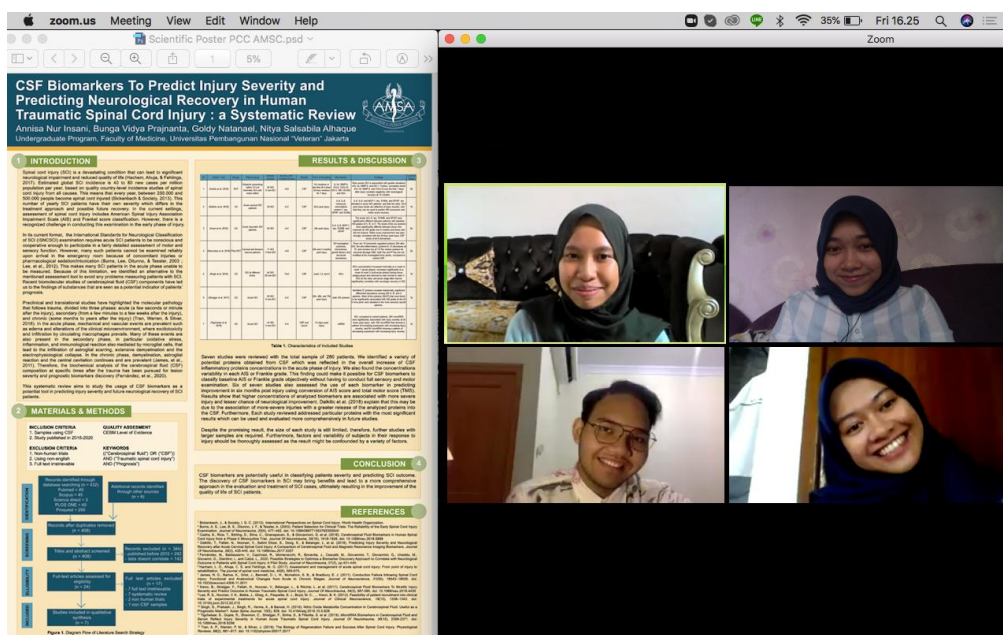
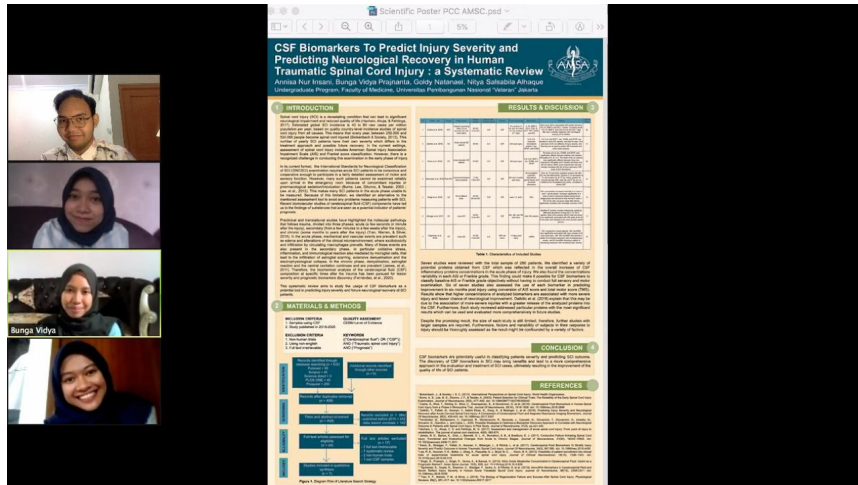
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Dalam wawancara *online* yang dilakukan dengan Humas UPNVJ, Annisa juga menjelaskan bagaimana proses

pelaksanaan kegiatan ini dari awal serta membagi cerita suka dan duka selama proses pembuatan poster belangsung, "Jadi untuk prosesnya sendiri diawali dengan *brainstorming* mengenai topik bahasan dan juga konsultasi kepada dosen yang memang ahli pada bidang *traumatologi*. Seluruh proses pembuatan *systematic review* dilakukan bersama - sama via *online discussion*. Setelah selesai, sentuhan terakhir yang tidak kalah penting adalah memperindahinya dengan desain poster yang menarik. Untuk kesan suka dan dukanya, pengalaman awal sekali bagi kami mengikuti lomba *scientific* seperti ini. Tentunya memberikan banyak pelajaran bagi kami pribadi. Awalnya cukup sedih karena tidak bisa mengerjakannya dengan tatap muka langsung karena ada hambatan pandemi, tetapi berkat dukungan dari teman -teman, semangat kami tidak menyerah untuk melanjutkan karya ini walaupun Svia daring". Ungkap Annisa

"Semoga prestasi ini menjadi pacuan dan motivasi untuk kami pribadi dan teman teman sekalian untuk bisa mengeksplorasi lebih banyak ilmu dan terus membuat karya - karya menarik dan bermanfaat lainnya". Lanjutnya





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