

PERBEDAAN KADAR KOLESTEROL LDL PASIEN PUASA DAN TANPA PUASA DI RSUD SALATIGA

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ABSTRAK

Pemeriksaan kolesterol LDL yang akurat dan dapat dipercaya harus dilakukan pengendalian terhadap pra analitik, analitik, dan pasca analitik. Tahap pra analitik diantaranya pasien berpuasa sebelum dilakukan pengambilan sampel pemeriksaan. Pemeriksaan kadar kolesterol LDL tidak memerlukan puasa, tetapi banyak terjadi pasien berpuasa karena bersamaan dengan pemeriksaan lain yang memerlukan puasa. Selama 24 jam sebelum pemeriksaan, sebaiknya pasien tidak melakukan aktivitas berat karena kelelahan dapat berpengaruh pada hasil pemeriksaan. Waktu yang optimal untuk melakukan pemeriksaan adalah pagi hari ketika tubuh belum banyak beraktifitas. Tujuan penelitian untuk mengetahui perbedaan kadar kolesterol LDL pasien puasa dan tanpa puasa. Jenis penelitian analitik pendekatan cross sectional. Penelitian dilakukan di RSUD Salatiga pada bulan Juli-Agustus 2017. Populasi penelitian adalah pasien rawat jalan di laboratorium RSUD Salatiga yang melakukan pemeriksaan kolesterol LDL bersamaan dengan trigliserida pada bulan Juli-Agustus 2017. Sampel penelitian diambil 16 sampel yang memenuhi kriteria inklusi. Pemeriksaan kolesterol dilakukan dengan *Autoanalyzer Chol*. Hasil penelitian diperoleh rerata kadar kolesterol LDL puasa 157,69 mg/dl, tanpa puasa 164,94 mg/dl. Uji beda *Paired t Test* diperoleh $p > 0,05$ yang berarti tidak terdapat perbedaan bermakna.

Kata kunci : kolesterol LDL, puasa, tanpa puasa

THE DIFFERENCE OF LDL CHOLESTEROL LEVEL ON FASTING AND NON FASTING PATIENTS AT RSUD SALATIGA

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ABSTRACT

An accurate and reliable LDL cholesterol examination should be conducted with controls at pre analytic, analytic, and post analytic stages. At the pre-analytic stage, patients do fasting before the sample of the examination is taken. However, patients often do fasting because at the same time, they also take another examination that requires fasting. During 24 hours before the examination, patients should not perform heavy activities because the fatigue can affect the examination result. The optimal time to do the examination is in the morning when the body has not done many activities. The research aims to know the difference of LDL cholesterol level between fasting and non fasting patients it was an analytical research with cross sectional approach. The research was conducted at RSUD Salatiga in July to August 2017. The population of this research were outpatients who took LDL cholesterol and triglyceride examination in July to August 2017. The 16 sample of this research were collected from the ones who could fulfill the inclusion criteria. The cholesterol examination was performed using Autoanalyzer Chol. From the result of this research, it can be seen that the LDL cholesterol level of fasting is 157,69 mg/dl, and that of the non fasting patient is 164,94 mg/dl. The p value obtained from the Paired t Test is $p > 0,05$ which means that there is no significant difference.

Keywords: LDL cholesterol, fasting, non fasting