

PERBEDAAN KADAR KOLESTEROL PUASA DAN SEWAKTU PADA PASIEN PENYAKIT DALAM DI RSUD UNGARAN

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Abstrak

Kadar kolesterol di dalam darah merupakan salah satu parameter pemeriksaan yang diperlukan oleh klinisi dalam menegakkan diagnosa. Pemeriksaan kadar kolesterol dapat dilakukan dengan beberapa metode antara lain Liebermann – burchad, modifikasi reaksi Zank dan klengseryl, dan yang digunakan pada penelitian ini metoda CHOD – PAP karena metode lebih mudah dikerjakan dan lebih teliti. Penelitian ini bertujuan untuk mengetahui perbedaan kadar kolesterol dalam darah yang diperiksa sewaktu dan dengan persiapan puasa 8 – 12 jam. Jenis penelitian adalah analitik observasional dengan skala pengukuran rasio, Sampel diambil secara purposive atau total populasi dari pasien rawat inap penyakit dalam di RSUD Ungaran sejumlah 35 pasien. Setiap pasien diperiksa dua kali pada pagi hari dengan persiapan puasa 8 – 12 jam sebelumnya dan diperiksa sewaktu pada shift berikutnya. Hasil pemeriksaan menunjukkan rerata kadar kolesterol sewaktu 170,11mg/dL sedangkan rerata kadar kolesterol puasa 166,11mg/dL, hal ini menunjukkan terjadi sedikit peningkatan pada kadar kolesterol sewaktu namun keduanya masih dalam batas normal. Perhitungan statistik Paired Sample Test menunjukkan nilai signifikan 0,117 berarti lebih besar dari taraf signifikan 0,05 sehingga dapat disimpulkan bahwa tidak ada perbedaan yang bermakna dari hasil pemeriksaan kadar kolesterol puasa dan sewaktu berarti persiapan puasa tidak menjadi keharusan dalam pemeriksaan kadar kolesterol darah.

Kata kunci : cara pemeriksaan, kadar kolesterol

THE DIFFERENCE OF CHOLESTEROL LEVEL IN BOTH FASTING AND DIRECT METHOD TO THE HOSPITALIZED PATIENT OF INTERNAL DISEASE IN RSUD UNGARAN

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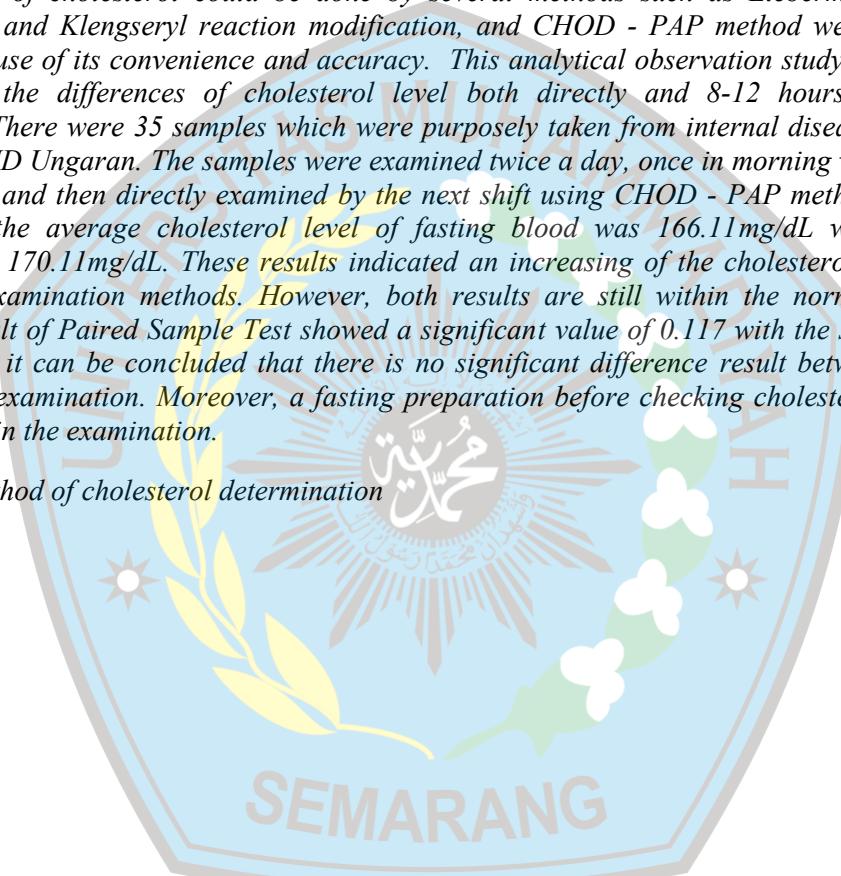
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Abstract

Cholesterol level is one of checking parameters that are required by clinician to uphold diagnosis. Determination of cholesterol could be done by several methods such as Liebermann - burchad method, Zank and Klengseryl reaction modification, and CHOD - PAP method were used in this research because of its convenience and accuracy. This analytical observation study was conducted to determine the differences of cholesterol level both directly and 8-12 hours fasting blood examination. There were 35 samples which were purposely taken from internal disease hospitalized patient of RSUD Ungaran. The samples were examined twice a day, once in morning with 8-12 hours fasting before and then directly examined by the next shift using CHOD - PAP method. The results showed that the average cholesterol level of fasting blood was 166.11mg/dL while the direct examined was 170.11mg/dL. These results indicated an increasing of the cholesterol level between both of the examination methods. However, both results are still within the normal range. The statistical result of Paired Sample Test showed a significant value of 0.117 with the significant level of 0.05. Thus, it can be concluded that there is no significant difference result between direct and fasting blood examination. Moreover, a fasting preparation before checking cholesterol level is not really needed in the examination.

Keyword : method of cholesterol determination



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