

**GAMBARAN KADAR GLUKOSA DARAH PADA PENDERITA GLAUKOMA  
DI BALAI KESEHATAN INDERA MASYARAKAT (BKIM)  
PROVINSI JAWA TENGAH**

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**ABSTRAK**

Glaukoma merupakan penyebab kebutaan kedua terbanyak setelah katarak di seluruh dunia. Glaukoma dapat disebabkan penyakit sistemik maupun penyakit lokal pada mata. Kondisi kelainan sistemik yang dapat memicu terjadinya glaukoma adalah Diabetes Melitus (DM). DM dapat menyebabkan retinopati, lensa mata menjadi keruh (tampak putih) yang disebut katarak serta dapat menyebabkan glaukoma (tekanan bola mata). Pemeriksaan penderita glaukoma dilakukan dengan pemeriksaan tekanan bola mata, dan kadar glukosa darah sewaktu. Hal ini mendorong penulis melakukan penelitian yang bertujuan untuk mengetahui gambaran kadar glukosa darah pada penderita glaukoma. Jenis penelitian deskriptif, dilakukan di BKIM Provinsi Jawa Tengah. Hasil penelitian penderita glaukoma sebanyak 90 orang, perempuan 52,22%, laki-laki 47,78%. Umur penderita 31-82 tahun, 18 orang berumur < 50 tahun, dan 72 orang berumur > 50 tahun. Kadar glukosa darah penderita glaukoma 66-193 mg/dL, dan rerata 108,84 mg/dL. Penderita dengan kadar glukosa darah normal sebanyak 65,56%, kurang dari normal 1,11%, dan lebih dari normal 33,33%.

Kata kunci : glukosa darah, glaukoma

**THE DESCRIPTION OF BLOOD GLUCOSE LEVEL IN GLAUCOMA PATIENTS  
AT BALAI KESEHATAN INDERA MASYARAKAT (BKIM)  
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**ABSTRACT**

Glaucoma is the second most common cause of blindness after cataracts around the world. Glaucoma could be caused by systemic disease or local disease on the eye. The condition of systemic abnormality which could trigger glaucoma is Diabetes Mellitus (DM). DM could causing retinopathy, the eye's lens becomes cloudy (looks white) which called cataract and could causing glaucoma (eye pressure). The examination of glaucoma patients is done by examining the eye pressure, and blood glucose level in time. This matter encourages the author to do a research which aims to know the description of blood glucose level in glaucoma patients. The research type is descriptive, it was done at BKIM Provinsi Jawa Tengah. The research result of glaucoma patients was 90 people, women 52,22%, men 47,78%. Patients who are 31-82 years old, 18 people who are < 50 years old, and 72 people who are > 50 years old. The blood glucose level of glaucoma patients was 66-193 mg/dL, and average 108,84 mg/dL. Patients with normal blood glucose level of 65,56%, were less than normal 1,11%, and more than normal 33,33%.

Keywords: blood glucose, glaucoma