

Pengaruh Lama Penyimpanan Plasma NaF Terhadap Kadar Glukosa Darah Sewaktu

Ris' Yuni¹, Herlisa Anggraini², Tulus Ariyadi²

1. Program Studi DIV Analis Kesehatan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang.
2. Analis Kesehatan Fakultas Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang.

ABSTRAK

Penundaan pemeriksaan kadar glukosa darah yang mengalami proses penyimpanan dapat menyebabkan glikolisis. Penambahan antikoagulan NaF berfungsi sebagai antiglikolitik yang dapat mencegah gula dengan cara menghambat kerja enzim *phospenol pyruvate* dan *urease* selama penyimpanan. Tujuan penelitian untuk mengetahui pengaruh lama penyimpanan plasma NaF terhadap kadar glukosa darah sewaktu. Jenis penelitian adalah analitik dengan pendekatan *cross sectional*. Sampel diambil berdasarkan kriteria inklusi dan eksklusi sebanyak 9 mahasiswa dari total populasi 50 mahasiswa jalur khusus DIV Analis Kesehatan Universitas Muhammadiyah Semarang, kemudian diberi 3 perlakuan. Hasil pemeriksaan menunjukkan rerata hasil kadar glukosa darah pada plasma NaF yang diperiksa segera 101 mg/dl, rerata hasil kadar glukosa darah pada plasma NaF disimpan 3 jam 97,89 mg/dl dan rerata hasil kadar glukosa darah darah pada plasma NaF disimpan 24 jam 96,33 mg/dl. Hal ini menunjukkan perbedaan nilai rerata bahwa terjadi penurunan. Uji normalitas *Saphiro Wilk* menunjukkan hasil normal nilai *p-value* > 0.05 dan uji *One-Way Anova* menunjukkan nilai kemaknaan dengan taraf kemaknaan yaitu 0.831 > 0.05 sehingga dapat disimpulkan bahwa tidak terdapat pengaruh lama penyimpanan plasma NaF terhadap kadar glukosa darah sewaktu yang diperiksa segera, disimpan 3 dan 24 jam pada suhu 15-25°C (suhu ruang).

Kata Kunci : plasma NaF, kadar glukosa darah, penyimpanan.

Effect of NaF Plasma Storage Time on Blood Glucose Levels When

Ris' Yuni¹, Herlisa Anggraini², Tulus Ariyadi²

1. DIV Study Program Health Analyst, Faculty of Nursing and Health, University of Muhammadiyah Semarang.
2. Health Analyst at the Faculty of Nursing and Health, University of Muhammadiyah Semarang

ABSTRACT

Delays in checking blood glucose levels that undergo storage processes can cause glycolysis. The addition of NaF anticoagulants functions as antiglycolytics which can prevent sugar by inhibiting the action of the phosphoenol pyruvate and urease enzymes during storage. The aim of the study was to determine the effect of plasma NaF storage on blood glucose levels at the time. This type of research is analytic with *cross sectional* approach. The sample was taken based on the inclusion and exclusion criteria as many as 9 students from a total population of 50 students in the special pathway of DIV Health Analyst at the University of Muhammadiyah Semarang, then given 3 treatments. The results of the examination showed the average results of blood glucose levels in plasma NaF were examined immediately 101 mg/dl, the average results of blood glucose levels in plasma NaF stored 3 hours 97,89 mg/dl and the average results of blood glucose levels in plasma NaF stored 24 hours 96,33 mg/dl. This shows the difference in mean values that decrease. *Saphiro Wilk* normality test showed normal results *p-value* 0.05 and the *One-Way Anova* test showed significance value with significance level of $0.831 > 0.05$ so it can be concluded that there is no effect of plasma NaF storage on blood glucose levels when examined immediately, stored 3 and 24 hours at temperature 15-25°C (room temperature).



Keywords : plasma NaF, blood glucose levels, storage.