

PENGARUH VARIASI LAMA WAKTU PUASA TERHADAP KADAR TRIGLISERIDA PASIEN DIABETES MELLITUS

Rizki Gusti Andani¹ Herlisa Anggraini² Andri Sukeksi³

1. Program Studi D IV Analis Kesehatan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang
2. Laboratorium Patologi Klinik Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang

ABSTRAK

Kadar trigliserida tinggi pada penderita Diabetes Mellitus, disebabkan karena banyaknya asam lemak bebas yang merupakan komponen pembentukan trigliserida, yang mengaktifkannya aktifnya enzim *lipase sensitif hormon* akibatnya tidak adanya insulin. Pemeriksaan trigliserida pasien diwajibkan untuk berpuasa selama 10-12 jam sebelum melakukan pemeriksaan laboratorium. Fakta di lapangan sering kali pengambilan sampel darah pemeriksaan trigliserida mengacu pada pemeriksaan glukosa yang hanya berpuasa 8–10 jam. Penelitian ini bertujuan untuk mengetahui pengaruh variasi lama waktu puasa terhadap kadar trigliserida pasien diabetes mellitus. Metode penelitian menggunakan pendekatan *crosssectional*. Populasi penelitian adalah pasien Diabetes Mellitus Puskesmas Langkaplancar. Sampel menggunakan teknik *purposive sampling* didapatkan sampel sebanyak 16 pasien sesuai dengan kriteria inklusi dan eksklusi. Hasil penelitian menunjukan kadar trigliserida pada pasien puasa 8 jam diperoleh nilai rata-rata 183.63 mg/dL. Kadar Trigliserida pada perlakuan puasa 10 jam diperoleh nilai rata-rata 177,19 mg/dL. Hasil uji *One Way Anova* tidak ada perbedaan yang signifikan antara kadar trigliserida pada pasien diabetes mellitus puasa 8 jam dan 10 jam, karena nilai *p-value* = 0.200 lebih besar dari > 0.05, sehingga tidak terdapat perbedaan kadar trigliserida serum pasien puasa 8 jam dengan puasa 10 jam.

Kata Kunci : Penderita Diabetes Mellitus, Pemeriksaan kadar trigliserida.

INFLUENCE OF VARIATION OF LONG FASTING TRIGLYCERIDE LEVELS AGAINST PATIENT DIABETES MELLITUS

Rizki Gusti Andani¹ Herlisa Anggraini² Andri Sukeksi³

1. Diploma IV Of Health Analyst Study Program, Nursing and Health Faculty Muhammadiyah University of Semarang
2. Clinical Pathology Laboratory, Nursing and Health Faculty, Muhammadiyah University of Semarang

ABSTRACTS

High triglyceride levels in people with Diabetes Mellitus, caused by the number of free fatty acids which are components of triglyceride formation which activates hormone-sensitive lipase enzymes due to the absence of insulin. Triglyceride examination patients are required to fast for 10-12 hours before carrying out laboratory tests. Facts on the ground are often times when blood samples are examined for triglycerides referring to glucose testing which only fasts 8-10 hours. This study aims to determine the effect of variations in fasting time to triglyceride levels in patients with diabetes mellitus. The research method uses a cross sectional approach. The study population was Diabetes Mellitus patients at Langkaplancar Health Center. The sample used a purposive sampling technique obtained a sample of 16 patients according to the inclusion and exclusion criteria. The results showed triglyceride levels in 8-hour fasting patients obtained an average value of 183.63 mg / dL. Triglyceride levels in the 10-hour fasting treatment obtained an average value of 177.19 mg / dL. The results of One Way Anova test showed no significant difference between triglyceride levels in fasting diabetes mellitus patients 8 hours and 10 hours, because the p-value = 0.200 is greater than > 0.05, so there is no difference in serum triglyceride levels of 8-hour fasting patients with 10-hour fasting.

Keywords : People with Diabetes Mellitus, triglyceride levels Examination

