

PERBEDAAN KADAR KOLESTEROL SERUM SEGERA DAN TUNDA 4 JAM

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ABSTRAK

Pemeriksaan kadar kolesterol digunakan untuk mengetahui kadar kolesterol dalam tubuh. Sampel untuk pemeriksaan kadar kolesterol total dapat menggunakan serum atau plasma. Kadangkala pemeriksaan tidak dapat dilakukan atau terpaksa ditunda apabila terjadi kendala saat pemeriksaan salah satunya adalah kerusakan alat, sehingga pemeriksaan harus ditunda. Tujuan penelitian ini dilakukan untuk mengetahui ada atau tidaknya perbedaan hasil pemeriksaan kadar kolesterol total dengan sampel segera dan tunda empat jam. Jenis penelitian ini adalah analitik. Sampel diambil secara *Purposive sampling* yaitu sebanyak 32 sampel. Hasil pemeriksaan secara deskriptif menunjukkan adanya selisih rata-rata sebesar 18,28%. Pemeriksaan menunjukkan rata-rata kadar kolesterol menggunakan serum segera 183,87 mg/dL dan tunda 150,25 mg/dL, tetapi hasil dari keduanya masih dalam nilai normal. Uji statistik *Paired Sample t-Test* menunjukkan nilai kemaknaan 0,00 ($P \leq 0,05$) sehingga dapat disimpulkan bahwa ada perbedaan antara hasil pemeriksaan kadar kolesterol menggunakan serum segera dan tunda empat jam.

Kata kunci : Kadar kolesterol total, segera, tunda empat jam

DIFFERENCE IN SERUM IMMEDIATE CHOLESTEROL LEVEL AND DELAY 4 HOURS

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ABSTRACT

Cholesterol levels are used to determine cholesterol levels in the body. Samples for examination of total cholesterol levels can use serum or plasma. Sometimes the inspection cannot be carried out or has to be postponed if there is an obstacle during the inspection, one of which is damage to the equipment, so the inspection must be postponed. The purpose of this study was to determine whether or not there were differences in the results of total cholesterol levels and immediate and four-hour delay. This type of research is analytic. Samples were taken by purposive sampling which were 32 samples. The results of the descriptive analysis show that there is an average difference of 18.28%. Examination showed that the average serum cholesterol level immediately was 183.87 mg / dL and delay was 150.25 mg / dL, but the results of both were still normal. Statistical test *Paired Sample t-Test* shows a significance value of 0.00 ($P \leq 0.05$) so that it can be concluded that there is a difference between the results of the examination of cholesterol levels using serum immediately and four hours delay.

Key Words : Total Cholesterol, immediately, four-hour delay