

Hubungan Kadar Glukosa Darah Dengan HbA1c pada Penderita Ulkus Diabetikum

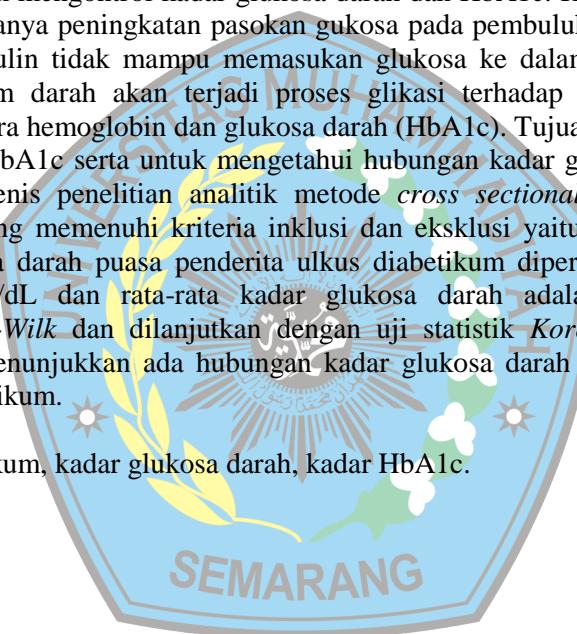
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ABSTRAK

Ulkus diabetikum merupakan kelainan tungkai kaki bawah akibat diabetes melitus yang tidak terkendali. Kelainan ini disebabkan adanya gangguan syaraf pada kaki, gangguan pembuluh darah dan infeksi. Pencegahan perluasan infeksi akibat ulkus diabetikum dilakukan dengan pemeriksaan kondisi sistemik pasien yang bertujuan untuk mengontrol kadar glukosa darah dan HbA1c. Keterkaitan glukosa darah dan HbA1c ditandai dengan adanya peningkatan pasokan glikosa pada pembuluh darah akibat dari defisiensi atau resistensi insulin. Insulin tidak mampu memasukan glukosa ke dalam sel untuk di metabolisme. Peningkatan glukosa dalam darah akan terjadi proses glikasi terhadap HbA (Hemoglobin dewasa) sehingga terjadi ikatan antara hemoglobin dan glukosa darah (HbA1c). Tujuan penelitian untuk mengukur kadar glukosa darah dan HbA1c serta untuk mengetahui hubungan kadar glukosa darah dengan HbA1c pada ulkus diabetikum. Jenis penelitian analitik metode *cross sectional*. Sampel diperoleh dengan mengambil data pasien yang memenuhi kriteria inklusi dan eksklusi yaitu sebanyak 28 sampel. Hasil pemeriksaan kadar glukosa darah puasa penderita ulkus diabetikum diperoleh rata-rata kadar glukosa darah adalah 188,68 mg/dL dan rata-rata kadar glukosa darah adalah 8,164%. Uji normalitas menggunakan uji *Shapiro-Wilk* dan dilanjutkan dengan uji statistik *Korelasi Person* diperoleh nilai signifikansi 0.000 yang menunjukkan ada hubungan kadar glukosa darah puasa dengan kadar HbA1c pada penderita ulkus diabetikum.

Kata Kunci : Ulkus diabetikum, kadar glukosa darah, kadar HbA1c.



Relation of Blood Glucose Levels With HbA1c in Diabetic Ulcers

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ABSTRACT

Diabetic ulcers is an abnormality in the lower foot caused by uncontrolled diabetes mellitus. Abnormality is caused by a nerve disorders in foot, vascular disorders and infection. Prevention from expansion of infection caused by diabetic ulcers do checking of the patient's systemic condition which aim to control the blood dan HbA1c levels. The relation of blood glucose and HbA1c are indicated by an increase in the supply of glucose in blood vessels caused insulin deficiency or insulin resistance. Insulin can't enter the glucose into the cell for metabolism. The increased glucose in the blood will make the glication process of HbA (Adult Hemoglobin) so will make the bond between hemoglobin and blood glucose, is called HbA1c. This study was aim to measure the blood and HbA1c, then to analyze the relation between blood glucose and HbA1c levels in diabetic ulcers. The type of this study is analytical survey with cross sectional approach. Samples are obtained by taking data patients test who meets the inclusion and exclusion criteria of 28 sampels. The result showed that the mean of fasting blood glucose levels is 188,68 mg/dL and the mean of HbAc levels is 8,164%. Test the normality of data using Smirnov test and continued Person Correlation test obtained value of significance 0.000, which showed that there is relation between blood glucose and HbA1c levels in diabetic ulcers.

Keyword : Diabetic ulcers, blood glucose levels, HbA1c levels.

