

Hubungan Kadar Gula Darah Puasa dan HbA1c

Pada Pasien Diabetes Melitus Tipe 2

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ABSTRAK

Diabetes melitus merupakan suatu kelompok penyakit metabolik dengan karakteristik peningkatan kadar gula darah (*hiperglikemi*) karena kelainan *sekresi insulin*, aktivitas *insulin* dan keduanya. Pemeriksaan HbA1c dilakukan untuk mengetahui rata-rata kadar glukosa darah dalam waktu satu sampai tiga bulan sebelumnya. Jumlah pemeriksaan kadar gula darah dan HbA1C semakin meningkat, sehingga dirasa perlu melakukan penelitian hubungan kadar gula darah puasa dan HbA1c yang bertujuan mengetahui hubungan kadar gula darah puasa dan kadar HbA1c pasien DM Tipe 2.

Jenis penelitian adalah analitis. Desain penelitian adalah analitik dengan pendekatan *cross sectional*. Sampel penelitian adalah 40 pasien yang memenuhi kriteria inklusi. Analisa statistik menggunakan uji korelasi Spearman.

Hasil penelitian diperoleh kadar gula darah terendah 127,00 mg/dl, tertinggi 369,00 mg/dl dan rerata 206,48. Kadar HbA1c yaitu terendah 5,30%, tertinggi 13,50% dan rerata 8,54%. Terdapat hubungan bermakna antara kadar gula darah puasa dengan kadar HbA1c.

Kata kunci : kadar gula darah puasa, HbA1c, diabetes melitus

**The Relation of Fasting Blood Sugar Levels and HbA1c on
Diabetes Melitus Type 2 Patients**

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ABSTRACT

Diabetes mellitus is a group of metabolic diseases which is characterized by blood sugar levels escalation (hyperglycemia) because of insulin secretion abnormality, insulin activity and both. HbA1c examination was performed to know the blood glucose levels average during one until three months before it. The amount of blood glucose levels and HbA1C examination is increasing, so it is necessary to do research of fasting blood glucose levels and HbA1c relation which is aimed to know the relation of fasting blood glucose levels and HbA1c levels of DM Type 2 patients.

The research type is analytical. The research design is analytical with cross sectional approach. The sample are 40 patients who meet inclusion criteria. Statistical analysis was using Spearman correlation test.

The result obtained the lowest blood sugar levels 127,00 mg / dl, the highest 369,00 mg / dl and the average 206,48. HbA1c levels, the lowest was 5,30%, the highest was 13,50% and the average was 8,54%. There was a significant relation between fasting blood sugar levels and HbA1c levels.

Keywords: fasting blood sugar levels, HbA1c, diabetes mellitus