

PERBEDAAN KADAR TRIGLISERIDA SERUM DARI SAMPEL DARAH YANG DIBEKUKAN 30 MENIT DENGAN YANG LANGSUNG DICENTRIFUGE

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ABSTRAK

Pemeriksaan trigliserida menggunakan bahan pemeriksaan yaitu serum. Serum terbentuk dari hasil sentrifugasi darah berupa cairan bening yang terpisah dari sel-sel darah. Tetapi dalam kenyataannya proses sentrifugasi ada yang dilakukan setelah sampel darah membeku dan ada juga yang langsung disentrifus. Perlakuan sampel yang langsung disentrifus dapat memperbesar resiko hemolisis dan menyebabkan peningkatan kadar trigliserida. Tujuan penelitian ini adalah untuk mengetahui perbedaan kadar trigliserida darah antara sampel darah yang dibekukan 30 menit dengan langsung disentrifus.

Penelitian berjenis eksperimental dengan sampel sebanyak 16 responden yang diambil dari pasien dan rekan sejawat peneliti di Laboratorium Sarana Medika Kendal. Sampel diperiksa dengan 2 perlakuan beda yaitu dibekukan terlebih dahulu selama 30 menit dan langsung disentrifus, dilanjut penetapan kadar menggunakan metode GPO-PAP. Untuk mengetahui perbedaan kadar trigliserida dilakukan uji t Dependent (paired sample t test).

Hasil pemeriksaan menunjukkan kadar trigliserida antara yang dibekukan 30 menit dengan yang langsung disentrifus terdapat selisih rerata 11,25 mg/dl. Hal ini menunjukkan bahwa hasil kadar trigliserida yang disentrifus langsung lebih tinggi dibandingkan dengan yang dibekukan 30 menit. Uji statistik t Dependent (paired sample t test) menunjukkan nilai signifikansi 0,01 dengan taraf nilai signifikasinya 0,05 yaitu $0,01 < 0,05$ sehingga dapat disimpulkan bahwa terdapat perbedaan kadar trigliserida antara sampel darah yang dibekukan 30 menit dengan yang langsung disentrifus.

Kata kunci : kadar trigliserida, darah yang dibekukan 30 menit, darah langsung disentrifus

THE DIFFERENCES OF SERUM TRIGLICERIDE LEVELS FROM 30 MINUTES FROZEN BLOOD SAMPLES WITH THE DIRECT CENTRIFUGE BLOOD SAMPLES

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ABSTRACT

The triglycerides investigation is using serum as materials. Serum is formed by the result of centrifugation of blood that is in the form of a clear liquid separated from blood cells. However in fact, there is a centrifugation process which has been done after the blood is frozen and the other is immediately centrifuged. The treatment of centrifuged blood sample may increase the hemolysis risk and cause triglycerides level increased.

This study is conducted to find out the differences in blood triglyceride levels between the frozen blood in 30 minutes sample and the immediately centrifuged one. The type of this study is experimental study along with 16 respondents as samples which are taken from the patients and the colleagues in terms of researching in Laboratorium Sarana Medika Kendal. The samples are examined with 2 different treatments, it is frozen in 30 minutes previously and centrifuged immediately, then it is followed by determining the levels using GPO-PAP method.

The result of investigation shows the triglyceride levels among the blood that is frozen in 30 minutes and the one that is immediately centrifuged occurring 11,25 mg/dl of average differences. This indicates the triglyceride levels result which is centrifuged immediately is higher compared to the one that is being frozen in 30 minutes. The statistic test t Dependent (paired sample t test) shows significance score at 0,01 with significance score grade at 0,05 specifically 0,01 > 0,05. So that can be concluded that there is a difference triglyceride levels between the sample that is frozen in 30 minutes and the one that is immediately centrifuged.

Keywords : triglycerides levels, 30 minutes frozen blood, direct centrifuged blood

