

ABSTRAK

Penelitian ini didasari oleh pengalaman peneliti sebagai tenaga laboratorium dikarenakan keterbatasan tenaga dan banyaknya jumlah sampel atau adanya kerusakan alat dapat mengakibatkan tertundanya pemeriksaan padahal pemeriksaan laboratorium merupakan pemeriksaan penunjang untuk membantu menegakkan diagnosis dan pemantauan terapi. Pemeriksaan glukosa darah merupakan pemeriksaan yang sering dilakukan di laboratorium kimia klinik, karena pemeriksaan digunakan untuk *screening* Diabetes Melitus (DM) (Ferdhyanti, 2021). Jenis penelitian ini merupakan penelitian deskriptif analitik. Rancangan penelitian ini menggunakan rancangan *cross section*. Populasi pada penelitian ini adalah pasien tanpa ada riwayat *Diabetes Mellitus* yang melakukan pemeriksaan glukosa darah sewaktu (GDS) dengan jumlah populasi yang masih belum diketahui karena menggunakan pengambilan secara langsung (*direct*). Sampel dalam penelitian ini menggunakan sistem *accidental sampling dengan jumlah sebanyak 16 sampel*. Dari hasil pemeriksaan yang telah dilakukan di Laboratorium Klinik Utama Pramita, didapatkan rata-rata kadar glukosa spesimen plasma EDTA segera adalah 82.5 mg/dL sedangkan spesimen plasma EDTA yang ditunda 1 jam memiliki rata-rata sebesar 82.2 mg/dL. Untuk spesimen plasma NaF segera, didapatkan hasil rata-rata sebesar 83.2 mg/dL sedangkan spesimen plasma NaF yang ditunda 1 jam memiliki rata-rata sebesar 83.1 mg/dL. Pada spesimen serum segera memiliki rata-rata sebesar 82.7 mg/dL sedangkan spesimen serum yang ditunda 1 jam memiliki rata-rata sebesar 82.5 mg/dL. Dari hasil uji *Annova one way* didapatkan nilai signifikansi 1.000 dan uji *Pos Hoc Tukey HSD* dapat disimpulkan bahwa tidak terdapat perbedaan yang signifikan antara spesimen plasma NaF, plasma EDTA dan serum yang diperiksa segera maupun ditunda 1 jam.

Kata Kunci : Kadar glukosa, Plasma EDTA, Plasma NaF, Serum

ABSTRACT

This research is based on the experience of researchers as laboratory personnel due to limited manpower and the large number of samples or their presence equipment damage can result in delays in inspection even though inspection laboratory is a supporting examination to help enforce diagnosis and monitoring therapy. Blood glucose check is examinations that are often carried put in clinical chemistry laboratories, because examination is used to screen Diabetes Mellitus (DM) (Ferdhyanti, 2021). This type of research is analytic descriptive research. This study uses a cross sectional design. The population in this study were patients without a history of diabetes mellitus who did a blood glucose check with the number of population is still unknown because it uses retrieval directly. The sample in this study used an accidental sampling system with a total of 16 samples. From the results of tests carried out at the Pramita Main Clinical Laboratory, the average glucose level of immediate EDTA plasma specimens was 82.5 mg/dL, while EDTA plasma specimens that were delayed 1 hour had an average of 82.2 mg/dL. For immediate NaF plasma specimens, an average yield of 83.2 mg/dL was obtained while for 1 hour delayed NaF plasma specimens, the average yield was 83.1 mg/dL. The serum specimens immediately had an average of 82.7 mg/dL while the serum specimens that were delayed 1 hour had an average of 82.5 mg/dL. From the results of the one way Annova test, a significance value of 1,000 was obtained and the Post Hoc Tukey HSD test concluded that there was no significant difference between NaF plasma specimens, EDTA plasma and serum which were examined immediately or delayed 1 hour.

Keywords : Glucose level, Plasma EDTA, Plasma NaF, Serum