

ABSTRAK

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HUBUNGAN KADAR HbA1c DENGAN KADAR ASAM URAT DAN KREATININ
PADA PASIEN PROLANIS DIABETES MELLITUS DI WILAYAH BANGKALAN

1x + 74 halaman + 11 tabel + 7 lampiran

Salah satu komplikasi diabetes mellitus adalah gagal ginjal. Gejala awal individu yang menderita diabetes mellitus tipe 2 mengalami hiperinsulinemia yang dapat menurunkan fungsi ekskresi ginjal. Ginjal yang mengalami kerusakan ini bisa didiagnosa melalui pemeriksaan tes fungsi ginjal, di antaranya pemeriksaan kadar kreatinin dalam darah. Penelitian ini bertujuan mengetahui hubungan kadar HbA1c dengan kadar asam urat dan kreatinin pada pasien prolanis *Diabetes mellitus*. Penelitian korelasi yang memanfaatkan desain *cross sectional* digunakan pada penelitian ini. Sejumlah 30 pasien prolanis *Diabetes mellitus* yang menjalani medical check up di Laboratorium Farmalab Bangkalan dijadikan sebagai sampel penelitian dan diambil melalui *purposive sampling*. Pelaksanaan penelitian di Laboratorium Farmalab Bangkalan bulan Desember 2023-April 2024. Kadar asam urat dan kreatinin sebagai variabel bebas penelitian ini serta kadar HbA1c sebagai variabel terikat penelitian ini. Hasil penelitian didapatkan Sebagian besar pasien prolanis diabetes mellitus mempunyai kadar HbA1C tidak terkontrol yaitu sejumlah 19 orang (63.33%) dengan kadar HbA1C rata-rata sebesar 8.03%. Sebagian besar pasien prolanis diabetes mellitus memiliki kadar asam urat tinggi yaitu sejumlah 19 orang (63.33%) dengan sebesar 7.01 mg/dL rata-rata kadar asam urat. Sebagian besar pasien prolanis diabetes mellitus memiliki kadar kreatinin normal sebanyak 18 orang (60%) dengan rata-rata 1.17 mg/dL. Kadar asam urat dan kreatinin tidak berhubungan dengan kadar HbA1C pada pasien prolanis diabetes mellitus di wilayah Bangkalan.

Kata kunci : asam urat, Kreatini, HbA1C, diabetes mellitus

ABSTRACT

One of the complications of diabetes mellitus is kidney failure. Early symptoms in individuals with type 2 diabetes mellitus include hyperinsulinemia, which can lead to decreased kidney excretory function. Kidney damage can be diagnosed through renal function tests, one of which is the blood creatinine level test. This study aims to determine the relationship between HbA1c levels and uric acid and creatinine levels in prolans diabetes mellitus patients. This type of research is correlational with a cross-sectional design. The sample in this study consisted of 30 prolans diabetes mellitus patients undergoing medical check-ups at the Farmalab Bangkalan Laboratory, selected through purposive sampling. The study was conducted at the Farmalab Bangkalan Laboratory from December 2023 to April 2024. The independent variables in this study are uric acid and creatinine levels, and the dependent variable is HbA1c levels. The results showed that the majority of prolans diabetes mellitus patients had uncontrolled HbA1C levels, with 19 individuals (63.33%) having an average HbA1C level of 8.03%. Most prolans diabetes mellitus patients had high uric acid levels, with 19 individuals (63.33%) having an average uric acid level of 7.01 mg/dL. Most prolans diabetes mellitus patients had normal creatinine levels, with 18 individuals (60%) having an average creatinine level of 1.17 mg/dL. There was no correlation between uric acid and creatinine levels with HbA1C levels in prolans diabetes mellitus patients in the Bangkalan area.

Keywords: uric acid, creatinine, HbA1C, diabetes mellitus