

GAMBARAN KADAR UREUM, KREATININ DENGAN KADAR GLUKOSA PADA PENDERITA DIABETES MELLITUS TIPE 2 DI WILAYAH PUSKESMAS KALIBARU

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Abstrak

Diabetes mellitus merupakan penyakit yang ditandai dengan hiperglikemia. Hiperglikemia dapat menyebabkan risiko penyakit mikrovaskuler. Penderita DM yang mengalami komplikasi ginjal akan menurunkan filtrasi glomerulus sehingga kadar ureum, kreatinin tidak dapat diekskresikan bersama urin. Ureum merupakan produk akhir nitrogen dari katabolisme protein. Kreatinin merupakan hasil akhir metabolisme kreatin. Pemeriksaan ureum, kreatinin merupakan parameter pemeriksaan fungsi ginjal, apabila kadar ureum, kreatinin meningkat pada serum menandakan adanya kerusakan pada ginjal. Tujuan penelitian ini adalah untuk mengetahui gambaran dan hubungan kadar ureum, kreatinin dengan kadar glukosa pada penderita DM tipe 2 di wilayah Puskesmas Kalibaru. Jenis penelitian ini adalah deskriptif analitik. Bentuk penelitian yang digunakan *cross-sectional* dengan teknik pengambilan sampel secara *purposive sampling*. Lokasi penelitian dilakukan di wilayah RW 03, RW 05, RW 07, RW 08, dan RW 09 kelurahan kalibaru. Penderita DM tipe 2 di wilayah Puskesmas Kalibaru sebanyak 43 responden. Jumlah responden dari 43 orang didapatkan kadar ureum tinggi (29 responden) dan kadar kreatinin tinggi (6 responden). Data yang diperoleh kemudian dilakukan uji analisis menggunakan uji *Shaphiro - Wilk* dan uji *Spearman*. Hasil penelitian menunjukkan adanya kolerasi positif antara kadar ureum, kreatinin dengan kadar glukosa pada penderita DM tipe 2. Hasil uji kolerasi antara kadar ureum, kreatinin dengan kadar glukosa dengan nilai sig (*P Value* > 0,05) artinya tidak terdapat hubungan antara kadar ureum, kreatinin dengan kadar glukosa pada penderita DM tipe 2 secara signifikan.

Kata kunci : Diabetes, Ureum, Kreatinin, Glukosa

DESCRIPTION OF UREUM LEVELS, CREATININ WITH GLUCOSE LEVELS IN DIABETES MELLITUS TYPE 2 PATIENTS IN KALIBARU HEALTH CENTER

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Abstract

Diabetes mellitus is a disease characterized by hyperglycemia. Hyperglycemia can cause a risk of microvascular disease. DM patients who experience kidney complications will reduce glomerular filtration so that the levels of ureum, creatinine cannot be excreted with urine. Ureum is the final product of nitrogen from protein catabolism. Creatinine is the end result of creatine metabolism. Urea, creatinine is a parameter of renal function examination, if the level of urea, creatinine increases in serum, indicating there is damage to the kidneys. The purpose of this study was to determine the description and relationship of urea levels, creatinine and glucose levels in patients with type 2 diabetes in the Kalibaru Community Health Center. This type of research is analytic descriptive. The form of research used was cross-sectional with a purposive sampling technique. Location of the study was conducted in the areas of RW 03, RW 05, RW 07, RW 08, and RW 09 Kalibaru sub-district. Type 2 DM sufferers in the Kalibaru Community Health Center area were 43 respondents. The number of respondents from 43 people obtained high urea levels (29 respondents) and high creatinine levels (6 respondents). The data obtained were then analyzed using the Shaphiro - Wilk test and the Spearman test. The results showed a positive correlation between levels of ureum, creatinine and glucose levels in patients with type 2 diabetes. The results of the correlation test between levels of ureum, creatinine with glucose levels with sig values ($P \text{ Value} > 0.05$) means that there is no relationship between ureum levels, creatinine with glucose levels in patients with type 2 DM significantly.

Keywords: *Diabetes, Ureum, Creatinine, Glucose*