INTISARI

Prasetyo R.A, 2016. Korelasi Antara Kadar Hemoglobin A1c dengan Proteinuria pada Pasien *Diabetes Mellitus* Tipe 2 di Rumah Sakit Umum Daerah Dr. Moewardi. Program Studi D-IV Analis Kesehatan. Fakultas Ilmu Kesehatan. Universitas Setia Budi.

Diabetes Mellitus (DM) merupakan suatu kelainan metabolik yang bersifat kronis, pemeriksaan hemoglobin A1c (HbA1c) dipertimbangkan untuk skrining, diagnosis DM dan pengendalian glikemik jangka panjang, DM tidak terkontrol dapat mengalami berbagai komplikasi salah satunya nefropati diabetik ditandai dengan adanya proteinuria. Tujuan penelitian ini untuk mengetahui korelasi proteinuria dengan HbA1c.

Penelitian analitik observasional dengan pendekatan *cross sectional*, penelitian dilakukan di Instalasi Rawat Jalan Poliklinik Penyakit Dalam RSUD Dr.Moewardi Surakarta pada Maret-Mei 2016, sampel penelitian 28 orang yang sesuai kriteria insklusi dan eksklusi. Data penelitian dianalisis menggunakan bantuan komputer. Uji *Shapiro-Wilk* untuk mengetahui normalitas data dan uji korelasi *Spearman* untuk mengetahui koefisien korelasi bermakna $p < 0,05$ dan interval kepercayaan 95%.

Hasil penelitian ini memperlihatkan rerata ± *standart deviation* (SD) proteinuria adalah 18,21 ± 20.010 mg/dl dan rerata ± SD kadar HbA1c adalah 7,379 ± 0,9429 %. Hasil analisis koefisien korelasi sebesar 0,935 dan nilai $p = 0,001$ didapat korelasi positif, sangat kuat dan bermakna antara kadar HbA1c dengan proteinuria. Saran penelitian perlu dilakukan penelitian lanjutan untuk mengevaluasi hubungan kadar HbA1c dengan proteinuria, menggunakan metode penelitian yang berbeda, jumlah sampel lebih banyak dan pemeriksaan mikroalbuminuria yang lebih sensitifitas, sehingga diketahui lebih mendalam korelasi antara kadar HbA1c dengan proteinuria.

Kata kunci : Proteinuria , HbA1c, DM tipe 2

ABSTRACT

Prasetyo R.A, 2016. The correlation between the HbA1c by Proteinuria in type 2 Diabetes Mellitus Patients at Dr. Moewardi Hospital of Surakarta. The Study Program of Four-Year Diploma (D-IV) in Medical Laboratory Technology. The Faculty Of Health Sciences. Setia Budi University.

Diabetes mellitus (DM) is a metabolic disorder that is chronic, examination of hemoglobin A1c (HbA1c) considered for screening, diagnosis of DM and long-term glycemic control, uncontrollable DM can experience the complications is diabetic nephropathy characterized by the presence of proteinuria. The purpose of this research is to know the correlation of proteinuria with HbA1c.

Analytic observational research with cross sectional approach, research done in the poly medicine installation Dr. Moewardi hospital of Surakarta in march-may 2016, research sample is 28 people who fit the criteria of inclution and exclution. Research data were analyzed help using computer. The Shapio-Wilk test to find out the normality of data and figure out the correlation of spearman correlation coefficient means to know $p < 0.05$ and confidence interval 95 %.

The results of this study showed a mean $\pm$ standard deviation (SD) of proteinuria is $18.21 \pm 20,010$ mg/dl and the mean $\pm$ SD levels of HbA1c is 7.379 ± 0.9429%. The results of coefficient correlation is 0.935 and p value = 0.001 obtained a positive correlation, very strong and meaningful between HbA1c with proteinuria. Suggestions in research needs advanced research to evaluate the relation of HbA1c with proteinuria, using different research methods, more number of samples and examination of microalbuminuria more sensitivity, so can be know more in-depth correlation between HbA1c with proteinuria.

Keywords: Proteinuria, HbA1c, type 2 DM