

## Profil lipid dan kadar glukosa darah penderita sirosis hati child B dan C serta hubungannya dengan asupan makanan dan status gizi di rumah sakit Sumber Waras Jakarta Barat

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### Abstrak

Tujuan : untuk memperoleh data profil lipid dan kadar glukosa darah penderita SH, serta hubungannya dengan asupan makanan dan status gizi.

Tempat : RS Sumber Waras, Jakarta Barat.

Bahan dan Cara : Setelah mendapat izin dari Komite medik RS Sumber Waras, maka dilakukan penelitian dengan desain cross sectional pada 140 penderita SH(100 laki-laki dan 40 perempuan) yang sesuai dengan kriteria penerimaan. Data yang dikumpulkan meliputi umur, jenis kelamin, analisis asupan makanan selama 3 hari di RS, antropometri (TLT&LLA), USG dan pemeriksaan laboratorium darah (profil lipid, kadar glukosa puasa & 2 jam PP). Uji statistik yang digunakan adalah t-test, Mann Whitney, Kolmogorov-Smirnov dan uji korelasi Pearson /Spearman rank.

Hasil : Subyek penelitian berjumlah 140 orang (100 laki-laki dan 40 perempuan), 59,3 % subyek memenuhi kriteria Child C, dengan menggunakan parameter AOLA menunjukkan 70,98% subyek Child B dan 75,90% subyek Child C memiliki status gizi muscle wasting. Pada pemeriksaan profil lipid didapatkan hasil kadar kolesterol total <200mg/dL, LDL < 130 mg/dL, HDL < 40 mg/dL dan trigliserida < 200 mg/dL pada subyek Child B dan C. Profil lipid Child C lebih rendah dari Child B ( semakin luas kerusakan jaringan hati, terdapat gangguan sintesis lipid). Tidak terdapat hubungan bermakna antara profil lipid dengan status gizi, tidak terdapat hubungan bermakna antara status gizi dengan jumlah asupan makanan. Terdapat korelasi positif antara kadar trigliserida dengan jumlah asupan makanan subyek Child B dan korelasi positif antara kadar HDL dengan jumlah asupan makanan subyek Child C. Terdapat korelasi positif antara kadar glukosa darah puasa dengan kadar glukosa darah 2 jam post prandial.

KESIMPULAN : Rendahnya profil lipid pada subyek Child B dan C diduga karena asupan makanan yang kurang dari kebutuhan dan status gizi muscle wasting, disamping kerusakan sel hati yang luas, menyebabkan defisiensi sejumlah enzim LCAT dan hepatic lipase. Ditemukannya peningkatan kadar glukosa darah 2 jam post prandial (>144mg/dL) pada subyek Child B dan C.

*Objective* : to obtain data about the lipid profile and blood sugar level in patients with cirrhosis hepatic and its relation to the food intake and nutritional status.

Place: Sumber Waras Hospital, West Jakarta

Materials and methods: after receiving permission from the Medical committee of Sumber Waras hospital. Crosses sectional study was done with 140 cirrhosis hepatic patients (100 males and 40 females) as the

subjects fulfilling the criteria set for the study. The data collected consisted of age, sex, analysis of 3 days food consumption in the hospital, anthropometric measurements (SF&MUAC), USG and blood laboratory examination (lipid profile, blood sugar fasting & 2 hours post prandial). The following tests were used for data analysis: t-test, Mann-Whitney, Kolmogorov-Smirnov and Pearson/Spearman rank.

The results: Of the 140 subjects 59.3% fulfilled Child C criteria who, based on MAMA parameter, were classified as Child B subjects (70.98%) and Child C subjects (75.90) with muscle wasting. The lipid profile was as follows. Total cholesterol < 200 mg/dL; LDL < 130 mg/dL, HDL < 40 mg/dL and triglyceride < 200 mg/dL in Child B and C subjects. The lipid profile of Child C subjects was lower than Child B (in extensive liver tissue damage synthesis is disturbed). There is no significant relation between the lipid profile and nutritional status, and between nutritional status with food intake. There is positive correlation between blood triglyceride level and food intake of Child B subjects and between blood HDL level with food intake of Child C subjects. There was also positive correlation between fasting blood glucose level and 2 hours post prandial blood sugar.

Conclusion: the low level of lipid profile of subject Child B and C subjects are assumed to be related to insufficient food intake and muscle wasting besides extensive liver tissue damage which lead to a deficiency of a number of LCAT enzymes and hepatic lipase. The increase in the 2 hours post prandial blood glucose level (>140 mg/dL) of the Child B and C subjects.