

Kadar gula darah dan faktor-daktor yang berhubungan pada penderita stroke di RSUPNCM tahun 2002

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Abstrak

Tujuan : (1) mengetahui perubahan kadar gula darah dalam 5 hari pasca serangan stroke; (2) mengetahui faktor risiko, status gizi, asupan energi dan karbohidrat serta pemberian insulin selama dirawat; (3) mengetahui hubungan antara perubahan kadar gula darah dengan faktor risiko, indeks massa tubuh, asupan energi dan karbohidrat serta pemberian insulin pada pasien hiperglikemia.

Tempat : Ruang rawat inap Rumah Sakit Umum Pusat Nasional Dr. Cipto Mangunkusumo.

Metodologi : Sebanyak 103 pasien diambil dengan diagnosa stroke iskemik dan hemoragik yang memenuhi kriteria penerimaan. Dilakukan pengukuran antropometri yaitu berat badan dan tinggi badan. Pemeriksaan laboratorium yang dilakukan yaitu kadar gula darah sewaktu hari 1 dan kadar gula darah puasa hari 2 - 5. HbA1c diperiksa pada pasien hiperglikemia. Data asupan energi dan karbohidrat melalui oral, enteral dan parenteral selama 24 jam pada hari I diambil secara recall dan hari 2 -- 5 secara record, hasil dianalisis dengan program food processor II. Perubahan kadar gula darah di uji dengan uji Friedman I uji Wilcoxon. Hubungan antara perubahan kadar gula darah dengan faktor risiko diuji dengan uji Mann Whitney. Hubungan antara perubahan kadar gula darah dengan indeks massa tubuh diuji dengan uji Kruskal Wallis. Korelasi antara perubahan kadar gula darah dengan asupan energi dan karbohidrat di uji dengan korelasi Spearman rank.

Hasil : Hasil penelitian yang diperoleh 51,5% stroke iskemik dan 49,5% stroke hemoragik. Faktor risiko yang di dapat adalah hipertensi, DM, kelainan jantung dan dislipidemia. Faktor risiko dibagi menjadi DM dan non DM. Median asupan energi dan karbohidrat masih dibawah kebutuhan. Pada stroke non DM kadar gula darah puasa tertinggi hari 2, terjadi penurunan bermakna hari 3, dan stabil hari 4 dan 5 sedangkan pada DM tidak ada perbedaan bermakna. Terdapat perbedaan bermakna kadar gula darah antara kelompok stroke iskemik dan hemoragik pada stroke non DM dan tidak bermakna pada DM. Terdapat perbedaan bermakna kadar gula darah puasa antara penderita stroke dengan DM dan non DM. Tidak terdapat perbedaan bermakna antara kadar gula darah puasa dengan indeks massa tubuh., Terdapat korelasi lemah sampai sedang negatif antara kadar gula darah dengan asupan energi dan karbohidrat pada penderita non DM dan korelasi lemah sampai sedang positif pada DM. Pemberian insulin sesuai dengan pedoman dapat menurunkan kadar gula darah pada beberapa pasien stroke dengan DM.

Kesimpulan Penelitian ini menunjukkan terdapat perubahan kadar gula darah pada pasien stroke. Kadar gula darah puasa tertinggi hari 2 menurun bermakna hari 3 dan stabil hari 4 dan 5. Tidak ada perbedaan bermakna antara kadar gula darah dengan indeks massa tubuh. Terdapat korelasi lemah sampai sedang negatif antara kadar gula darah dengan asupan energi dan karbohidrat pada pasien stroke non DM.

The Changes Of Fasting Glucose And Associated Factors In Stroke Patients In Ciptomangunkusumo General Hospital 2002
Objective : (1) to investigate the changes of blood glucose within 5 days after stroke, (2) to observe the risk factors, body mass index, energy and carbohydrate intake (3) to analyze the correlation between blood glucose with the risk factors, body mass index, energy and carbohydrate intakes and insulin to hyperglycemia patients.

Location: Cipto Mangunkusumo General Hospital, Jakarta.

Subject and methods : One hundred and three patients with acute stroke were recruited as the subjects of the study. Anthropometric assessments i.e. body weight and height were assessed in the 1st day of admission. Laboratory assessment i.e. blood glucose at the time in the 1st day and fasting blood glucose in the 2nd - 5th days, HbA_{1c} to patients with hyperglycemia. Energy and carbohydrate intakes from parenteral, enteral and oral route were calculated in the 1st day by recall and 2nd - 5th day by record and analyzed by food processor II program. The changes of fasting blood glucose was tested using Friedman I Wilcoxon test The correlation between changes of blood glucose with risk factors was tested using Mann Whitney U test The correlation between changes of blood glucose with body mass index was tested using Kruskal Wallis test. The correlation between change of blood glucose with energy and carbohydrate intake was tested using Spearman rank correlation.

Results : The type of stroke determined by clinical diagnosis and CT scan were ischemic stroke 51,5% and hemorrhagic stroke 48,5%. Risk factors found were : hypertension, diabetes mellitus, cardiac disease, dislipidemia and unknown risk factors. The risk factors were grouped into 2 categories : DM and non. DM. The median intake of energy and carbohydrate were below the requirement. Fasting blood glucose higher in the 2nd day, significant decrease in the 3rd day, and constant in the 4th- 5th day in non DM patient whereas in DM not significant There were significant difference in changes of fasting blood glucose between ischemic and hemorrhagic stroke in non DM patient whereas DM no significant There were no significant difference between changes of fasting blood glucose with body mass index. There was weak to moderate negative correlation between of fasting blood glucose and energy and carbohydrate intake using Spearman rank correlation in non DM patient. Insulin to decrease blood glucose for several DM stroke patients.

Conclusions : the current study indicates that there was changes of blood glucose in the stroke patients. There were higher in the 2nd day significant decrease in the 3rd day and constant in the 4th - 5th day. There was no significant difference in the changes of blood glucose fasting with body mass index. There was weak to moderate negative correlation between fasting blood glucose and energy and carbohydrate intake in non DM stroke patients.