

Perubahan kadar vitamin a plasma pada penderita stroke iskemik.

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Abstrak

ABSTRAK

Tujuan : Mengetahui perubahan kadar vitamin A plasma dan hubungannya dengan keadaan klinis penderita stroke iskemik

Metodologi : Penelitian dengan desain potong lintang dilakukan pada 26 pasien stroke iskemik dengan onset kurang dari 48 jam. Pengambilan subyek penelitian dilakukan dengan cara consecutive sampling.

Pemeriksaan kadar vitamin A dengan metode high performance liquid chromatography (HPLC), dilakukan pada saat pasien masuk, hari kedua, ketiga dan kelima perawatan. Data yang dikumpulkan meliputi : karakteristik demografi, faktor-faktor risiko, asupan nutrisi dengan metode recall 1 x 24 jam, food frequency questionnaire (FFQ) semik antitatif dan selama dirawat dg food record, indeks massa tubuh (IMT) serta penilaian klinis dengan National Institutes of Health Stroke Scale (NIHSS).

Hasil : Jumlah subyek penelitian 26 orang (20 laki-laki dan 6 perempuan) dengan rerata usia $60.58 + 9.36$ tahun. Faktor risiko terbanyak adalah hipertensi yaitu 80.1%. Berdasarkan WIT, 53.9% subyek masuk dalam kategori berat badan lebih. Tidak didapatkan hubungan yang bermakna antara asupan vitamin A, lemak dan vitamin E dengan kadar vitamin A plasma Rerata kadar vitamin A plasma masuk dalam kategori nominal dan menunjukkan peningkatan yang bermakna pada hari kelima perawatan (p: 0,035). Perjalanan klinis penyakit berdasarkan NIHSS menunjukkan perbaikan yang bermakna (p: 0,045 - 0,005). Terdapat korelasi negatif dan bermakna antara peningkatan kadar vitamin A plasma dengan penilaian NIHSS pada hari kelima perawatan (r:0,391, p: 0,049).

Kesimpulan : Terdapat perbedaan yang bermakna antara kadar vitamin A plasma pada hari pertama dengan hari kelima perawatan. Terdapat perbedaan yang bermakna pada penilaian NIHSS selama lima hari perawatan. Terdapat korelasi negatif bermakna antara kadar vitamin A plasma dengan penilaian NIHSS pada hari kelima perawatan.

Kata kunci : Vitamin A, stroke iskemik

<hr><i>ABSTRACT

Levels Of Vitamin A In Ischemic Stroke Patients

Objective : The purpose of this study was to investigate the time course of plasma vitamin A changes and its relation with clinical state in ischemic stroke patients.

Methodology : A cross sectional study was carried out among 26 patients with ischemic stroke of recent onset (< 48 hours). Consecutive sampling method was used to obtain the subject. Plasma vitamin A level was measured using high performance liquid chromatography (HPLC) on admission, and days 2, 3, and 5. Data

collected were demographic characteristics, risk factors of stroke, nutrient intake using 24 hours recall, semi quantitative food frequency questionnaire (FFQ) and food record method when hospitalized, body mass index (BMI), and clinical condition using National Institutes Health Stroke Scale (NIHSS).

Result, : The subjects consist of 26 patients (20 males and 6 females) with a mean of age 60.58 ± 9.36 years. Hypertension was the most modifiable risk factors (80.1%) that found. Based on SMI, 53.9% subjects had overweight. There were no relationship between nutrient intake (vitamin A, fat and vitamin E) and plasma vitamin A level. Plasma vitamin A level was still in the normal range and gradually increased in the following days, it showed a significant increase on day 5 since admission ($p: 0.035$). The score of NIHSS was significantly decreased along hospitalized ($p: 0.045 - 0.005$)_ A significant negative correlation between plasma vitamin A levels and NIHSS score on day 5 was found ($r: -0.391, p: 0.049$).

Conclusion : There was significant difference in plasma vitamin A level between day 5 and at admission. Scores of NIHSS were significantly different in the following days. A significant negative correlation between plasma vitamin A levels and scores of NIHSS on day 5 was found.</i>