

# HUBUNGAN ANTARA KADAR HbA1c DENGAN PROFIL LIPID PADA PASIEN DIABETES MELLITUS TIPE 2 DI RSPAD GATOT SOEBROTO PERIODE JANUARI-MARET 2016

Luthfan Dio Satria Bachri

## Abstrak

Diabetes mellitus (DM) adalah penyakit kronik yang terjadi akibat terganggunya produksi insulin atau penggunaannya yang tidak efektif dan banyak terdapat pada usia 30-79 tahun. Temuan utama studi diabetes oleh *Diabetes Control and Complication Trial* (DCCT) telah menunjukkan pentingnya pemeriksaan HbA1c. Pemeriksaan HbA1c sering dilakukan pada penderita DM tipe 2. Apabila kadar HbA1c meningkat maka resistensi insulin akan semakin buruk. Resistensi insulin akan meningkatkan terjadinya perubahan profil lipid. Penelitian ini bertujuan untuk mengetahui hubungan antara kadar HbA1c dengan profil lipid pada pasien DM tipe 2 di RSPAD Gatot Soebroto periode Januari-Maret 2016. Penelitian ini bersifat analitik observasional dengan desain potong lintang dan menggunakan data sekunder dari 124 sampel. Sampel penelitian diambil dari data rekam medis pasien DM tipe 2 di RSPAD Gatot Soebroto periode Januari-Maret 2016 yang memenuhi kriteria inklusi dan eksklusi. Pengambilan data menggunakan metode *nonprobability sampling* dengan teknik *consecutive sampling*. Hasil uji *chi-square* menunjukkan bahwa terdapat hubungan yang bermakna antara kadar HbA1c dengan kolesterol total ( $p = 0,000$ ), HbA1c dengan trigliserida ( $p = 0,000$ ), HbA1c dengan HDL ( $p = 0,000$ ), dan HbA1c dengan LDL ( $p = 0,000$ ). Saran, penderita DM tipe 2 sebaiknya melakukan kontrol glikemik secara teratur agar komplikasi yang dapat terjadi bisa dicegah.

**Kata Kunci :** Diabetes Mellitus Tipe 2, HbA1c, Profil Lipid.

**THE CORRELATION BETWEEN GLYCATED  
HEMOGLOBIN (HbA1c) LEVEL AND LIPID PROFILE IN  
PATIENT WITH TYPE 2 DIABETES MELLITUS AT RSPAD  
GATOT SOEBROTO DURING PERIOD OF JANUARY –  
MARCH 2016**

**Luthfan Dio Satria Bachri**

**Abstract**

Diabetes Mellitus (DM) is a chronic disease due to insufficient insulin production or ineffective usage of insulin and commonly found with in age ranged from 30 to 79 years old. The main finding study of diabetes by the Diabetes Control and Complications Trial (DCCT) had showed the importance of Glycated Hemoglobin (HbA1c) test. HbA1c test is a routinely used marker for patient with type 2 diabetes mellitus. If the HbA1c level increased, the condition of insulin resistance would got worse. Insulin resistance could cause abnormal lipid profile. This study aimed to determine the relation between glycated hemoglobin (HbA1c) level and lipid profile in patient with type 2 diabetes mellitus at RSPAD Gatot Soebroto during period of January – March 2016. This research was an analytic observational with cross-sectional design and using secondary data of 124 patients as samples. Samples of this research were taken from medical record of patient with type 2 diabetes mellitus at RSPAD Gatot Soebroto during period of January – March 2016 which required inclusion and exclusion criterias. The data was retrieved by using nonprobability sampling method with consecutive sampling technique. The results of chi-square test showed that there was significant relation between HbA1c level and total cholesterol ( $p = 0,000$ ), HbA1c level and triglyceride ( $p = 0,000$ ), HbA1c level and HDL ( $p = 0,000$ ), HbA1c level and LDL ( $p = 0,000$ ). Advice, patients with type 2 diabetes mellitus are suggested to do regular glycemc control to prevent complications.

**Keywords :** Type 2 Diabetes Mellitus, HbA1c, Lipid Profile.