

# HUBUNGAN DISLIPIDEMIA DENGAN KEJADIAN STROKE ISKEMIK DI RUMAH SAKIT PUSAT OTAK NASIONAL PERIODE JANUARI – DESEMBER 2017

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## Abstrak

Stroke adalah penyakit serebrovaskular yang sering ditemukan, saat ini banyak terjadi di negara berkembang salah satunya di Indonesia. Kejadian pada tipe stroke telah bergeser secara signifikan dari stroke hemoragik menjadi stroke iskemik. Dislipidemia merupakan salah satu faktor risiko stroke iskemik. Penelitian ini bertujuan untuk mengetahui hubungan antara dislipidemia dan masing-masing profil lipid dengan kejadian stroke iskemik. Penelitian ini bersifat analitik observasional dengan pendekatan studi *cross-sectional*. Peneliti bekerjasama dengan bagian litbang Rumah Sakit Pusat Otak Nasional untuk mengambil data berupa rekam medis pasien stroke, setelah itu peneliti melakukan penilaian semua sampel yang termasuk ke dalam kriteria inklusi penelitian, yaitu pasien baru yang terdiagnosa stroke (serangan pertama kali) di RS PON periode Januari – Desember 2017 dan pasien yang memiliki data hasil pemeriksaan laboratorium untuk profil lipid darah pada rekam medisnya. Pemilihan sampel dilakukan dengan metode *non-probability sampling* yaitu *consecutive sampling*. Peneliti memperoleh 147 sampel yang sesuai dengan kriteria penelitian. Hasil analisa *fisher's exact* menunjukkan terdapatnya hubungan antara dislipidemia dengan kejadian stroke iskemik ( $p < 0,001$ ). Hasil analisa *chi-square* menunjukkan terdapatnya hubungan antara kadar kolesterol total ( $p < 0,001$ ), kolesterol LDL ( $p < 0,001$ ), kolesterol HDL ( $p = 0,002$ ), dan trigliserida ( $p = 0,002$ ) dengan kejadian stroke iskemik. Hasil analisa regresi logistik menunjukkan kolesterol LDL memiliki kekuatan hubungan terbesar. Hasil penelitian ini menunjukkan terdapatnya hubungan antara dislipidemia, kolesterol total, kolesterol LDL, kolesterol HDL, dan trigliserida dengan kejadian stroke iskemik. Peningkatan kadar kolesterol LDL sangat berpengaruh (OR = 15,281) terhadap kejadian stroke iskemik.

**Kata Kunci :** Dislipidemia, Kolesterol Total, LDL, HDL, Trigliserida, Stroke Iskemik

# **THE RELATIONSHIP OF DYSLIPIDEMIA WITH ISCHEMIC STROKE INCIDENCES IN NATIONAL BRAIN CENTER HOSPITAL IN PERIOD OF JANUARY – DECEMBER 2017**

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## **Abstract**

Stroke is a cerebrovascular disease that is currently often found, in many developing countries, one of which is in Indonesia. The incidences of stroke attack have shifted significantly from hemorrhagic stroke to ischemic stroke. Dyslipidemia is a risk factor for ischemic stroke. This study aims to determine the relationship between dyslipidemia and each lipid profile along strength of each lipid profile relationship with the incidence of ischemic stroke. This study is analytic observational with cross-sectional study approach. Researcher collaborated with the National Brain Center Hospital research and development department to retrieve data in the form of stroke patients' medical record, after which the researcher assessed all samples included in the study inclusion criteria, namely new patients diagnosed with stroke (first attack) at National Brain Center Hospital in the period of January - December 2017 and patients who have laboratory examination data for blood lipid profiles in their medical records. The sample selection is done by the non-probability sampling method, namely consecutive sampling. Researcher obtained 147 samples that fit the study criteria. Fisher's exact analysis results showed a relationship between dyslipidemia and the incidences of ischemic stroke ( $p < 0,001$ ). Chi-square analysis results showed an association between total cholesterol levels ( $p < 0,001$ ), LDL cholesterol ( $p < 0,001$ ), HDL cholesterol ( $p = 0.002$ ), and triglycerides ( $p = 0.002$ ) and the incidences of ischemic stroke. The results of logistic regression analysis showed LDL cholesterol has the greatest relationship strength. The results of this study indicate the existence of a relationship between dyslipidemia, total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides with ischemic stroke incidences. An increase in LDL cholesterol levels is very influential ( $OR = 15,281$ ) on the incidences of ischemic stroke.

**Keywords** : Dyslipidemia, Total Cholesterol, LDL, HDL, Triglycerides, Ischemic Stroke