

INTISARI

RATNANING DYAH PARAMITA, NIM 1191046. 2022. Gambaran Kadar Kreatinin Serum Pada Penderita Hipertensi di Laboratorium Klinik Rahanu Karanganyar.

Hipertensi atau penyakit darah tinggi adalah suatu keadaan peningkatan tekanan darah, baik sistolik maupun diastolik yang ditandai dengan peningkatan tekanan darah pada dinding pembuluh darah arteri. Seseorang dapat dikatakan mengalami hipertensi apabila pada pemeriksaan tekanan darah tersebut menunjukkan hasil di atas 140/90 mmHg atau lebih dalam keadaan istirahat dengan dua kali pemeriksaan pada selang waktu lima menit. Pada penderita tekanan darah tinggi penting dilakukan monitor secara rutin, salah satunya dengan dilakukan tes kreatinin serum yang berguna untuk mendeteksi ada tidaknya gangguan pada fungsi ginjal.

Jenis penelitian adalah deskriptif. Teknik sampling yang digunakan *quota sampling* sebanyak 33 responden. Penelitian ini dilakukan di Laboratorium Klinik Rahanu Karanganyar pada bulan Mei-Juni 2022.

Hasil penelitian didapatkan 33 responden yang lebih dari normal sebanyak 6 orang (18%) dan dalam batas normal sebanyak 27 orang (82%). Sedangkan berdasarkan jenis kelamin pada laki-laki didapatkan sebanyak 3 orang (9,1%) dan perempuan sebanyak 3 orang (9,1%) dengan kadar kreatinin lebih dari batas norma. Berdasarkan usia, pada kelompok usia < 60 tahun tidak didapatkan responden yang hasilnya lebih dari batas normal, pada kelompok usia ≥ 60 tahun didapatkan hasil kadar kreatinin yang melebihi batas normal sebanyak 6 orang. Kadar Kreatinin berdasarkan lama menderita hipertensi > 2 tahun didapatkan sebanyak 6 orang (18%) lebih dari normal, sedangkan pada keteraturan konsumsi obat pada responden tidak teratur konsumsi obat sebanyak 6 orang (18%) dengan kadar kreatinin lebih dari normal. Kesimpulan penelitian pemeriksaan kreatinin serum pada penderita hipertensi memperlihatkan faktor-faktor penyebab kadar kreatinin tersebut meningkat diantaranya, jenis kelamin, usia, lama menderita hipertensi dan keteraturan konsumsi obat antihipertensi.

Kata kunci : Hipertensi, Kreatinin, Tekanan darah.

ABSTRACT

RATNANING DYAH PARAMITA. NIM 1191046. 2022. The Description of Serum Creatinin of Patients with Hypertension in Clinical Laboratory Rahanu Karanganyar.

Hypertension or high blood pressure is a condition of increased blood pressure, both systolic and diastolic, which is characterized by an increase in blood pressure on the walls of the arteries. A person can be said to have hypertension if the blood pressure examination shows results above 140/90 mmHg or more at rest with two examinations at an interval of five minutes. It is important to monitor high blood pressure regularly, one of which is by doing a serum creatinine test which is useful for detecting the presence or absence of disturbances in kidney function.

This type of research is descriptive. The sampling technique used was quota sampling as many as 33 respondents. This research was conducted at the Rahanu Karanganyar Clinical Laboratory in May-June 2022.

The results of the study obtained 33 respondents who were more than normal as many as 6 people (18%) and within normal limits as many as 27 people (82%). Meanwhile, based on gender, there were 3 men (9.1%) and 3 women (9.1%) with creatinine levels more than the norm. Based on the age group <60 years, there were no respondents whose results were more than the normal limit, in the age group 60 years, the results of creatinine levels that exceeded the normal limit were 6 people. Creatinine levels based on duration of hypertension > 2 years were found in 6 people (18%) more than normal, while on the regularity of drug consumption in respondents who did not regularly take medication as many as 6 people (18%) with creatinine more than normal. The conclusion of the examination of serum creatinine in patients with hypertension is the factors that cause the creatinine level to increase, among others, gender, age, duration of suffering from hypertension and regular consumption of antihypertensive drugs.

Keywords: Hypertension, Creatinine, Blood pressure.