HUBUNGAN KADAR GLUKOSA DARAH SEWAKTU (GDS) DENGAN DERAJAT KEPARAHAN STROKE PADA FASE AKUT DI RUANG INSTALASI GAWAT DARURAT RSUD MAJALAYA

EVA NUR HIKMAH
241FK05019

ABSTRAK

Pemeriksaan Gula Darah Sewaktu (GDS) pada pasien stroke akut memiliki peran krusial karena mampu mendeteksi hiperglikemia yang sering terjadi akibat respon stres tubuh paska stroke. GDS juga berfungsi untuk mengidentifikasi diabetes yang belum terdiagnosis dan menjadi dasar bagi tenaga medis dalam menentukan serta menyesuaikan terapi glukosa selama fase akut stroke. Hal ini penting mengingat kadar gula darah tinggi secara signifikan memperburuk prognosis pasien stroke, termasuk peningkatan risiko mortalitas dan disabilitas fungsional. Penelitian ini bertujuan untuk mengetahui hubungan kadar glukosa darah sewaktu dengan derajat keparahan stroke di Instalasi Gawat darurat RSUD Majalaya. Penelitian ini menggunakan jenis penelitian deskriptif korelasi dengan pendekatan *cross sectional.* Teknik sampel menggunakan *purposive sampling* sebanyak 57 responden. Alat ukur yang digunakan adalah pemeriksaan laboratorium dan *National Institutes of Health-National Stroke Scale* (NIHSS). Hasil penelitian menunjukan 61.4% responden berada pada kategori kadar GDS tidak normal, dan 36.8% responden berada pada kategori derajat keparahan stroke sedang. Hasil uji *chi- square* didapatkan *p-value* = 0,000. Hasil penelitian mempertegas bahwa hiperglikemi pada fase akut berkontribusi terhadap derajat keparahan stroke. Hal tersebut disebabkan adanya peningkatan luas area penumbra iskemik menjadi nekrosis permanen. Peneliti berharap agar pemeriksaan kadar GDS dapat terintegrasi dengan penilaian neurologis seperti NIHSS pada fase akut di RSUD Majalaya.

Kata kunci: Fase Akut; Gula Darah Sewaktu; Keparahan; Stroke.

THE CORRELATION BETWEEN RANDOM BLOOD GLUCOSE (RBG) LEVELS AND STROKE SEVERITY DURING THE ACUTE PHASE IN THE EMERGENCY UNIT RSUD MAJALAYA

EVA NUR HIKMAH
241FK05019

ABSTRACT

Random Blood Glucose (RBG) testing in acute stroke patients plays a crucial role because it can detect hyperglycemia, which often occurs due to the body's stress response after a stroke. The RBG also serves to identify undiagnosed diabetes and serves as a basis for medical personnel in determining and adjusting glucose therapy during the acute phase of stroke. This is important because high blood glucose levels significantly worsen the prognosis of stroke patients, including increasing the risk of mortality and functional disability. This study aims to determine the relationship between RBG levels and stroke severity in the Emergency Department of Majalaya Regional Hospital. This study used a descriptive correlation study with a cross-sectional approach. The sample technique used purposive sampling of 57 respondents. The measurement tools used were laboratory tests and the National Institutes of Health-National Stroke Scale (NIHSS). The results showed that 61.4% of respondents were in the abnormal RBG level category, and 36.8% of respondents were in the moderate stroke severity category. The chi-square test results obtained a p-value = 0.000. The results confirmed that hyperglycemia in the acute phase contributes to stroke severity. This is due to an increase in the area of the ischemic penumbra, leading to permanent necrosis. Researchers hope that GDS levels can be integrated with neurological assessments such as the NIHSS during the acute phase at Majalaya Regional Hospital.

Keywords: Acute Phase; Random Blood Sugar; Severity; Stroke.