

GAMBARAN KADAR PROFIL LIPID PASIEN SINDROM KORONER AKUT
YANG DIRAWAT DI RSUP DR. M. DJAMIL PADANG TAHUN 2020



- Pembimbing :
1. Prof. Dr. dr. Eryati Darwin, PA(K)
 2. dr. Nita Afriani, M.Biomed

FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS
PADANG
2021

AN OVERVIEW OF LIPID PROFILES IN PATIENTS WITH ACUTE CORONARY SYNDROME WHO WERE TREATED AT RSUP DR. M. DJAMIL PADANG IN 2020

By
Yohana

ABSTRACT

Coronary heart disease (CHD) is a degenerative disease which is a serious problem due to its increasing prevalence. The World Health Organization (WHO) says CHD is one of the leading causes of death in the world. Acute and severe manifestation of CHD is acute coronary syndrome (ACS). The major risk factor for the incidence of CHD is abnormal blood lipid profile levels which include total cholesterol, HDL, LDL, and triglycerides. This study aims to describe the lipid profile of patients with acute coronary syndrome who were treated at Dr. M. Djamil Padang in 2020.

This study is a descriptive study with a cross-sectional approach that uses patient medical record data regarding lipid profiles. The data were analyzed univariately to describe the lipid profile of ACS patients at Dr. RSUP. M. Djamil Padang in 2020.

The results of the study of 81 patients with ACS obtained a mean total cholesterol level of 187.00 (84-402) mg/dL, LDL levels 130.30 ± 45.714 mg/dL, HDL levels 36.62 ± 10.985 mg/dL, and triglyceride levels $151,42 \pm 54,955$ mg/dL. Based on the literature, total cholesterol levels were found in optimal values, HDL levels in low values, and were found in borderline high for LDL and triglyceride levels.

Keywords: Acute coronary syndrome, total cholesterol, LDL, HDL, triglycerides

**GAMBARAN KADAR PROFIL LIPID PASIEN SINDROM KORONER
AKUT YANG DIRAWAT DI RSUP DR. M. DJAMIL PADANG
TAHUN 2020**

**Oleh
Yohana**

ABSTRAK

Penyakit jantung koroner (PJK) merupakan penyakit degeneratif yang menjadi permasalahan serius dikarenakan prevalensinya yang terus meningkat. World Health Organization (WHO) mengatakan PJK merupakan salah satu penyebab kematian terbanyak di dunia. Manifestasi akut dan berat dari PJK adalah sindrom koroner akut (SKA). Faktor resiko mayor dari kejadian PJK adalah abnormalitas kadar profil lipid darah yang meliputi kolesterol total, HDL, LDL, dan trigliserida. Penelitian ini bertujuan untuk mengetahui gambaran kadar profil lipid pasien sindrom koroner akut yang dirawat di RSUP Dr. M. Djamil Padang tahun 2020.

Penelitian ini merupakan penelitian deskriptif dengan pendekatan cross-sectional yang menggunakan data rekam medik pasien mengenai profil lipid. Data dianalisa secara univariat untuk mengetahui gambaran kadar profil lipid pasien SKA di RSUP Dr. M. Djamil Padang tahun 2020.

Hasil penelitian dari 81 pasien SKA didapatkan rerata kadar kolesterol total 187,00 (84-402) mg/dL, kadar LDL $130,30 \pm 45,714$ mg/dL, kadar HDL $36,62 \pm 10,985$ mg/dL, dan kadar trigliserida $151,42 \pm 54,955$ mg/dL. Berdasarkan literatur, didapatkan kadar kolesterol total dalam nilai optimal, kadar HDL dalam nilai rendah, dan dalam batas tinggi untuk kadar LDL dan trigliserida.

Kata kunci: Sindrom koroner akut, kolesterol total, LDL, HDL, trigliserida