

ABSTRACT

Background : One of the examinations in patients with acute coronary syndrome (ACS) is the examination of triglyceride levels. The serum obtained must be examined immediately to obtain accurate results. However, to anticipate difficulties in blood collection or further examination, serum can be stored for 7 days at a temperature of 2-8°C. In serum storage activities, there are several obstacles that can affect the results.

Objective : To determine the levels of triglycerides which are immediately checked and stored for 7 days at a temperature of 2-8°C in the serum of patients with acute coronary syndrome.

Method : This study used the Pre-Experimental Design (non-design) method. The remaining serum samples obtained were left for 7 days at a temperature of 2-8°C and then examined. The examination of triglyceride levels used the GPO-PAP method and was analyzed to determine the difference in triglyceride levels.

Result : The average result of the immediate triglyceride level examination was 115.15 mg/dL and the average result of the triglyceride level examination stored for 7 days at 2-8°C was 135.02 mg/dL. Calculations using statistics showed no difference between immediate examination and storage for 7 days ($p=0.066$).

Conclusion : The average triglyceride level during direct examination was 115.15 mg/dL and the average triglyceride level after 7 days of storage at 2-8°C was 135.02 mg/dL. There was a difference of 19.9 mg/dL or 17.25%.

Keywords : *acute coronary syndrome, triglycerides, storage*

ABSTRAK

Latar Belakang : Pemeriksaan pada pasien sindrom koroner akut (SKA) salah satunya terdapat pemeriksaan kadar trigliserida. Serum yang didapat harus segera diperiksa guna mendapatkan hasil yang akurat. Akan tetapi, untuk mengantisipasi pengambilan darah yang sulit atau pemeriksaan lanjutan, serum tersebut bisa disimpan selama 7 hari suhu 2-8°C. Dalam aktivitas penyimpanan serum tersebut tentunya terdapat beberapa kendala yang dapat mempengaruhi hasil.

Tujuan : Mengetahui kadar trigliserida yang segera diperiksa dan disimpan selama 7 hari suhu 2-8°C pada serum pasien sindrom koroner akut

Metode : Penelitian ini menggunakan metode *Pre-Eksperimental Design (non-design)*. Sampel serum sisa yang didapatkan didiamkan selama 7 hari pada suhu 2-8°C baru diperiksa. Pemeriksaan kadar trigliserida ini menggunakan metode GPO-PAP dan dianalisis untuk mengetahui perbedaan kadar trigliserida.

Hasil : Hasil rerata pemeriksaan kadar trigliserida yang segera diperiksa yaitu 115,15 mg/dL dan rerata hasil pemeriksaan kadar trigliserida yang disimpan selama 7 hari suhu 2-8°C yaitu 135,02 mg/dL. Perhitungan menggunakan statistik menunjukkan tidak adanya perbedaan antara pemeriksaan segera dan disimpan selama 7 hari ($p=0,066$).

Kesimpulan : Rerata kadar trigliserida segera diperiksa 115,15 mg/dL dan rerata kadar trigliserida penyimpanan 7 hari suhu 2-8°C 135,02 mg/dL. Terdapat perbedaan 19,9 mg/dL atau 17,25%

Kata Kunci : sindrom koroner akut, trigliserida, penyimpanan