

ABSTRAK

Latar Belakang: Laboratorium klinik memiliki peran penting dalam menyediakan hasil pemeriksaan. Hasil pemeriksaan sampel laboratorium yang akurat dan andal memerlukan evaluasi yang menyeluruh. Salah satu pemeriksaan laboratorium klinik adalah pemeriksaan kadar trigliserida. Namun, terkadang analisis sampel tidak dapat dilakukan secara langsung atau harus ditunda karena kendala teknis.

Tujuan: Untuk mengetahui perbedaan kadar trigliserida pada sampel darah dalam tabung Serum Separator Tube (SST) yang segera disentrifus dan yang didiamkan selama 30 menit sebelum disentrifus.

Metode: Metode penelitian menggunakan desain pra-eksperimental dengan pendekatan *one-group pretest-posttest*, dengan dua perlakuan: sampel darah yang segera disentrifus dan sampel darah yang didiamkan selama 30 menit sebelum disentrifus. Kadar trigliserida diukur menggunakan metode enzimatis kolorimetrik. Data dianalisis menggunakan uji statistik parametrik atau non-parametrik sesuai dengan distribusi data.

Hasil: Hasil penelitian menunjukkan bahwa terdapat perbedaan, meskipun tidak signifikan, antara sampel darah yang segera disentrifus dan yang didiamkan selama 30 menit sebelum sentrifugasi. Hal ini menunjukkan bahwa keterlambatan dalam penanganan sampel dapat memengaruhi hasil pemeriksaan kadar trigliserida.

Kesimpulan: Rata-rata kadar trigliserida pada sampel yang segera disentrifus adalah 125,68 mg/dL, sedangkan pada sampel yang didiamkan selama 30 menit sebelum sentrifugasi menurun menjadi 118,53 mg/dL. Rata-rata perbedaan antara kedua perlakuan menunjukkan penurunan sebesar 6%.

Kata kunci: *Trigliserida, SST, sentrifugasi, pra-analitik, stabilitas sampel*

ABSTRACT

Background: Clinical laboratories have an important role in providing examination results, accurate and reliable laboratory sample examination results require a thorough evaluation, One of the clinical laboratory tests is the examination of triglyceride levels, Sometimes sample analysis cannot be done immediately or must be postponed due to technical problems.

Objective: To determine the difference in triglyceride levels in blood samples in Serum Separator Tubes (SST) which are immediately centrifuged and left for 30 minutes.

Method: The research method used a one-group pretest-posttest pre-experimental design, with treatment in two groups: Blood samples were immediately centrifuged and left for 30 minutes before centrifugation.

Results: The results of this study show that there is a difference, but it is not significant, between blood samples that are immediately centrifuged and those that are left for 30 minutes before centrifugation. This shows that sample delays can affect the results of triglyceride level examinations, Triglyceride levels were measured using the enzymatic colorimetric method. Data were analyzed using parametric or non-parametric statistical tests according to the data distribution.

Conclusion: The average triglyceride level in samples that were immediately centrifuged was 125.68 mg/dL, while in samples that were left for 30 minutes before centrifugation it dropped to 118.53 mg/dL. The average difference between the two treatments showed a decrease of 6%.

Keyword: Triglycerides, SST, centrifugation, pre-analytical, sample stability