

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**PRODI TEKNOLOGI LABORATORIUM MEDIS**  
**PROGRAM DIPLOMA TIGA**  
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**Gambaran Kadar Ureum dan Kreatinin pada Penderita Hipertensi  
di RSUD Jend. A.Yani Kota Metro Tahun 2020**

xiv+ 31 halaman, 8 tabel, 2 gambar, 6 lampiran

**ABSTRAK**

Hipertensi adalah peningkatan tekanan darah sistolik  $\geq 140$  mmHg dan atau diastolik  $\geq 90$  mmHg pada dua kali pengukuran selang waktu lima menit dalam keadaan istirahat. Pembuluh darah yang terus menerus mendapatkan tekanan darah yang sangat tinggi, menyebabkan kerusakan pada sel-sel ginjal. Hal ini menyebabkan menurunnya fungsi ginjal yang dapat mengganggu ekskresi ureum dan kreatinin sehingga kadarnya akan meningkat dalam darah. Penelitian ini bertujuan mengetahui gambaran kadar ureum dan kreatinin pada penderita hipertensi di RSUD Jend. A.Yani Kota Metro tahun 2020. Penelitian ini bersifat deskriptif. Analisa data univariat. Hasil penelitian distribusi frekuensi kadar ureum dan kreatinin didapatkan rata-rata kadar ureum 34,14 mg/dl, nilai tertinggi 131,0 mg/dl, dan nilai terendah 13,7 mg/dl, sedangkan rata-rata kadar kreatinin 1,11 mg/dl, nilai tertinggi 3,48 mg/dl, dan nilai terendah 0,27 mg/dl. Penderita hipertensi yang berjenis kelamin laki-laki memiliki rata-rata kadar ureum dan kreatinin yang tinggi dibanding perempuan yaitu 38,49 mg/dl dan 1,28 mg/dl. Usia yang mendominasi adalah usia 45-54 tahun yang berjumlah 31 pasien (41,89%) dengan rata-rata kadar ureum 38,49 mg/dl dan kadar kreatinin 1,15 mg/dl. Kadar ureum tertinggi yaitu 131,0 mg/dl terdapat pada kelompok usia 45-54 tahun. Kadar kreatinin tertinggi yaitu 3,48 mg/dl terdapat pada kelompok usia 45-54 tahun.

Kata Kunci : Kadar Ureum dan Kreatinin, Hipertensi

Daftar Bacaan : 25 (2002-2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR  
MEDICAL LABORATORY TECHNOLOGY STUDY PROGRAM  
TRIPLE DIPLOMA PROGRAM**

Final Report, August 2021

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**Description of Urea and Creatinine Levels in Hypertensive Patients  
in RSUD Jend. A. Yani Metro City in 2020**

xiv+ 31 pages, 8 table, 2 picture, 6 attachment

**ABSTRACT**

Hypertension is an increase in blood pressure 140/90 mmHg on two measurements at an interval of five minutes at rest. The blood vessels are constantly getting very high blood pressure, causing damage to the kidney cells. This causes a decrease in kidney function which can interfere with the excretion of urea and creatinine so that their levels will increase in blood. This study aims to determine the description of urea and creatinine levels in patients with hypertension in RSUD Jend. A. Yani Metro City in 2020. This research is descriptive. Univariate data analysis. The results of the study on the frequency distribution of urea and creatinine levels obtained and average urea level of 34,14 mg/dl, the highest value was 131,0 mg/dl, and the lowest value was 13,7 mg/dl, while the average creatinine level was 1,11 mg/dl, the highest value was 3,48 mg/dl, and the lowest value was 0,27 mg/dl. Hypertensive patients who are male have higher average levels of urea and creatinine than women, namely 38,49 mg/dl and 1,28 mg/dl. The predominant age was 45-54 years old, totaling 31 patients (41,89%) with and average urea level of 38,49 mg/dl and creatinine level of 1,15 mg/dl. The highest level of urea is 131,0 mg/dl found in the age group 45-54 years. The highest creatinine level of 3,48 mg/dl was found in the 45-54 year age group.

Keywords : Urea and Creatinine levels, Hypertension

Reading List : 25 (2002-2020)