

ABSTRAK

Kehamilan merupakan proses fisiologis yang dapat menimbulkan komplikasi serius seperti diabetes melitus gestasional dan preeklampsia. Diabetes melitus gestasional masih menjadi masalah kesehatan pada ibu hamil, dengan prevalensi yang terus meningkat, sehingga diperlukan pemeriksaan glukosa urin rutin. Proteinuria pada ibu hamil dapat menjadi indikator preeklamsia atau eklamsia, yang berisiko terhadap keselamatan ibu dan janin. Penelitian ini bertujuan untuk mengetahui gambaran hasil pemeriksaan glukosa dan protein urine pada ibu hamil di RSUD Hermina Kemayoran Jakarta Pusat periode 2024–2025.

Penelitian ini menggunakan metode deskriptif dengan data sekunder dari rekam medis hasil pemeriksaan glukosa dan protein urine ibu hamil trimester I, II, dan III. Jumlah sampel sebanyak 281 pasien. Pemeriksaan dilakukan dengan metode carik celup semi-kuantitatif. Hasil penelitian menunjukkan bahwa dari 281 sampel, hasil pemeriksaan glukosa urine mayoritas negatif sebanyak 264 sampel (94%), sedangkan hasil positif ditemukan pada 17 sampel (6%). Untuk protein urine, mayoritas negatif sebanyak 227 sampel (81%), sementara hasil positif ditemukan pada 55 sampel (19%).

Kesimpulannya adalah sebagian besar ibu hamil memiliki kadar glukosa dan protein urin normal, meskipun temuan positif lebih umum terjadi pada trimester tiga. Hasil ini menyoroti pentingnya tes urin rutin bagi ibu hamil sebagai tindakan deteksi dini untuk mencegah komplikasi kehamilan.

Kata kunci: glukosa urine, protein urine, ibu hamil

Kepustakaan: 23

Tahun: 2024 – 2025

ABSTRACT

Pregnancy is a physiological process that can lead to serious complications such as gestational diabetes mellitus and preeclampsia. Gestational diabetes mellitus remains a significant health issue for pregnant women, with an increasing prevalence, necessitating routine urine glucose examinations. Proteinuria in pregnant women can serve as an indicator of preeclampsia or eclampsia, posing risks to the safety of both the mother and the fetus. This study aims to determine the profile of urine glucose and protein examination results in pregnant women at Hermina Kemayoran General Hospital (RSU), Central Jakarta, for the 2024–2025 period.

This study employed a descriptive method utilizing secondary data from medical records of urine glucose and protein examinations of pregnant women in the first, second, and third trimesters. The sample size consisted of 281 patients. Examinations were conducted using the semi-quantitative dipstick method. The results showed that out of 281 samples, the majority of urine glucose results were negative, totaling 264 samples (94%), while positive results were found in 17 samples (6%). Regarding urine protein, the majority were negative, totaling 227 samples (81%), while positive results were found in 55 samples (19%).

In conclusion, the majority of pregnant women exhibited normal urine glucose and protein levels, although positive findings were more common in the third trimester. These results highlight the importance of routine urine testing for pregnant women as an early detection measure to prevent pregnancy complications.

Keywords: urinary glucose, urinary protein, pregnant women

References: 23

Year: 2024 – 2025