INTISARI

Latar Belakang: Sekitar 80% stroke diakibatkan oleh stroke iskemik dan 20% diakibatkan oleh stroke hemoragik. *Low Density Lipoprotein* (LDL) diketahui sebagai faktor resiko terjadinya stroke iskemik. Peningkatan kadar LDL ini sangat terkait dengan perkembangan aterosklerosis yang ditandai dengan penyumbatan vaskular dari endapan plak, apabila terjadi ruptur plak dan trombosis akibatnya dapat menyebabkan penyumbatan arteri di otak secara tiba-tiba yang menyebabkan stroke. Semakin tinggi kadar *Low Density Lipoprotein* (LDL) semakin tinggi resiko untuk terjadinya stroke iskemik.

Tujuan: Untuk mengetahui adanya hubungan antara kadar LDL kolesterol saat masuk RS dengan lama rawat inap pada pasien stroke iskemik akut.

Metode: Penelitian ini menggunakan metode analitik observasional dengan pendekatan cross sectional menggunakan data rekam medis di RS PKU Muhammadiyah Gamping. Sampel dipilih dengan teknik purposive sampling (*non probability sampling*) .Variabel bebas dalam penelitian ini adalah kadar LDL Kolesterol dan variabel terikatnya adalah lama rawat inap pasien. Variabel pengganggu ialah gula darah, kolesterol total, dan tekanan darah.

Hasil: Hasil penelitian dari 99 pasien stroke iskemik fase akut didapatkan kadar LDL normal <130 mg/dL ialah 52 (52,5 %) dan LDL tinggi ≥ 130 mg/dL adalah 47 (47,5%). Proporsi hubungan antara kadar LDL Kolesterol dengan lama rawat inap didapatkan kadar LDL kolesterol normal <130 mg/dL memiliki lama rawat inap lebih lama (≥7 hari) yakni 17,2 % dibandingkan dengan kadar kolsterol tinggi ≥ 130 mg/dL yakni 9,1%. Berdasarkan hasil uji analisa bivariat menggunakan Chi Square test antara variabel LDL kolesterol dengan lama rawat inap didapatkan $p = 0,096$ lebih besar dari $\alpha = 0,05$, memberikan arti bahwa tidak ada hubungan bermakna antara kadar LDL kolesterol batas tinggi dengan lama rawat inap pasien.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara kadar LDL Kolesterol dengan lama rawat inap pada pasien stroke iskemik fase akut. Kolesterol total secara signifikan berpengaruh terhadap lama rawat inap.

Kata Kunci: Stroke Iskemik, lama rawat inap, kadar LDL Kolesterol

ABSTARCT

Background: Approximately 80% of stroke is caused by ischemic stroke and 20% of them is caused by hemorrhagic stroke. Low Density Lipoprotein (LDL) is known as the risk factor of ischemic factor. The increase on LDL level is highly related to the development of atherosclerosis which is characterized by vascular blockage due to plaque deposits. Plaque and

thrombosis may lead to sudden arterial blockage in the brain. The higher level of LDL, the higher risk of stroke ischemic is.

Objective: To identify the correlation between patient's cholesterol LDL level when admitted into hospital and the length of inpatient stay among patients with severe ischemic stroke.

Method: This research used observational analytic method with cross sectional approach using medical record at RS PKU Muhammadiyah Gamping. The sample were selected using non probability sampling. The independent variable in this research was cholesterol LDL level whilst the dependent variable was the length of inpatient stay. The confounding variables are blood sugar, total cholesterol, and blood pressure.

Result: The analysis conducted on 99 patients with ischemic stroke in a severe phase showed that the normal LDL level < 130 mg/dL was 52 (52,5%) and the high LDL level was ≥ 130 mg/dL was 47 (47,5%). The correlational proportion between cholesterol LDL level and the length of inpatient stay indicated that the normal cholesterol LDL level of < 130 mg/Dl had a longer inpatient stay (≥ 7 days) that was 17,2% when compared to the high cholesterol level of ≥ 130 mg/Dl that was 9,1%. According to the bivariate analysis using Chi Square test between the variable of cholesterol LDL and the length of inpatient stay concluded that the value of p=0,096 bigger than ά = 0,05. It indicated that there was no significant correlation between a high level of cholesterol LDL and the length of inpatient stay.

Conclusion: There was no significant correlation between cholesterol LDL level and the length of stay as inpatient among patients with severe ischemic stroke. The total cholesterol significantly influences the length of inpatient stay.

Keywords: Ischemic stroke, the length of inpatient stay, cholesterol LDL level