

ABSTRACT

FeradisaAditama, NIM: 1534034, 2019, The Differences in the results of postprandial blood glucose level examination in Students of DIV Medical Laboratory Technology who were given intake of Package Rice and srikaya jam bread. DIV Medical Laboratory Technology Study Program, Faculty of Health Sciences Katolic MusiCharitas University Palembang.

Background: According to the WHO in 2013, postprandial blood glucose examination and Oral Glucose Tolerance Test (TTGO) must use 75 grams of glucose dissolved in 250 ml. But in some laboratories when performing postprandial blood glucose test do not use 75 grams of glucose as recommended by WHO. Anyone use other substitutes such as package rice, which is complemented with side dishes, bread with srikaya jam, sweet tea, and bread with sweet tea. This study was conducted to determine the differences of postprandial blood glucose levels given intake of package rice and srikaya jam with bread.

Method: The type of study used is pre-experiment with Pretest and Posttest One Group. The subjects in this study were DIV Medical Laboratory Technology second and third level, amounting to 26 people who fulfilled the inclusion and exclusion criteria. Subjects were asked to fast 10-12 hours, then blood was taken for fasting blood glucose levels. Subjects were divided into two groups, namely the group who received intake package rice and the group that received intake of srikaya jam bread. Subjects were asked to fast 2 hours, then blood was taken for postprandial glucose level examination, then measured glucose levels in serum using the GOD-PAP method. Data were analyzed using independent t test with a confidence level of 95%.

Results: The average postprandial blood glucose level of packaged rice intake was 92.2 mg / dL while the average postprandial blood glucose level of srikaya jam bread intake was 91.5 mg / dL. The results were tested statistically and showed no significant difference ($p = 0.876$) between postprandial blood glucose levels given rice packaged intake and those given intake of srikaya jam bread.

Conclusion: Based on the results of the study it can be concluded that there were no significant differences in the results of postprandial blood glucose level examination given the intake of packaged rice and srikaya bread with values (sig 2 tailed) $0.876 > 0.025$.

Keywords: Postprandial Blood Glucose, Packaged Rice and Srikaya Bread.