

ABSTRACT

Natania Astrid Leonarta Hutagalung, nim:1534024, 2019, The different of postprandial blood glucose examination result of DIV Medical Laboratory Technology students given bread and 75 gram glucose intake. Authorship. DIV Medical Laboratory Technology, Faculty of Health Sciences Catholic University Musi Charitas Palembang.

Background: In general postprandial examinations in the laboratory do not use 75 grams of glucose but use packaged rice or plain bread coated with jam as a substitute for 75 grams of glucose. According to American Diabetes Association (2017) and WHO, the postprandial blood glucose must use 75 gram glucose dissolved in 250 mL water. This study was conducted to determine the different in postprandial blood glucose levels who did given rice packaged and 75 g of glucose.

Methods: This study used pre-experimental one group pretest and posttest design. Subjects in this study were student of grade II and II DIV Medical Laboratory Technology third level totaling 28 people obtained by total sampling. Study subjects who met the inclusion and exclusion criteria were asked to fast for 11 hours, then blood was taken to check fasting blood glucose levels. The subjects were divided into two groups, namely the group that received bread intake and the group that received 75 grams of glucose. Subjects were asked to fast for 2 hours, then blood was taken to examine postprandial glucose levels, then measured serum glucose levels using the GOD-PAP method. Data were analyzed using independent t test test with a 95% confidence level.

Results: The average postprandial blood glucose level given a bread intake was 77,6 mg/dL while the average postprandial blood glucose level who received 75 gram glucose was 89,1mg/dL. The results were tested statistically and showed that there was no significant difference ($p= (p= 0,060$ and $0,068$)) between postprandial blood glucose levels which were fed with bread intake with those received 75 grams of glucose.

Conclusion: Based on the results of the study it can be concluded that the group given bread intake was not different from the postprandial blood glucose result given 75 gram glucose intake
