

## ABSTRAK

Hipertensi adalah suatu keadaan yang ditandai dengan meningkatnya tekanan darah pada dinding pembuluh darah arteri. Hipertensi yang terjadi dalam jangka waktu yang lama dapat menimbulkan resistensi insulin. Ketika resistensi insulin, glukosa menumpuk dalam darah bukan diserap oleh sel-sel sehingga dapat mengarah ke diabetes mellitus. Waktu penelitian penelitian dilaksanakan pada bulan pebruari sampai april tahun 2022. Tujuan penelitian untuk mengetahui kadar glukosa darah sewaktu pada penderita hipertensi di rumahsakit Islam Malahayati Medan tahun 2022. Penelitian ini menggunakan jenis deskriptif kuantitatif. Metode pemeriksaan glukosa darah sewaktu yang digunakan adalah metode strip. Pengukuran kadar glukosa darah sewaktu menggunakan alat glukometer. Jumlah sampel penelitian sebanyak 12 orang penderita hipertensi. Hasil penelitian didapatkan sebanyak 5 orang (42%) dengan kadar glukosa darah sewaktu normal dan 7 orang (58%) tidak normal. Rata-rata kadar glukosadarah sewaktu pada penderita hipertensi adalah 210 mg/dl. Berdasarkan jenis kelamin, pada pasien jenis kelamin laki-laki mempunyai kadar glukosa darah sewaktu normal sebanyak 2 orang (17%) dan 5 orang (42%) tidak normal. Sedangkan pada pasien jenis kelamin perempuan sebanyak 3 orang (25% ) normal dan 2 orang (16%) tidak normal. Kesimpulan glukosa darah sewaktu sebagian besar meningkat pada Penderita hipertensi. Saran bagi penderita hipertensi diharapkan control kedokter agar *tekanan darah terkontrol dan melakukan pola hidup yang sehat.*

***Kata Kunci: Glukosa Darah, Hipertensi, Glukometer***



## ABSTRACT

*Hypertension is a condition characterized by increased blood pressure on the walls of the arteries. Hypertension that occurs in the long term can cause insulin resistance. When insulin resistance, glucose accumulates in the blood instead of being absorbed by cells so that it can lead to diabetes mellitus. The time of the research was carried out from February to April 2022. The purpose of this study was to determine the blood glucose levels in patients with hypertension at the Malahayati Islamic Hospital in Medan in 2022. This study used a quantitative descriptive type. The method of checking blood glucose when used is the strip method. Measurement of blood glucose levels while using a glucometer. The number of research samples was 12 people with hypertension. The results showed that 5 people (42%) had normal blood glucose levels and 7 people (58%) were abnormal. The average blood glucose level in patients with hypertension is 210 mg/dl. Based on gender, male patients have normal blood glucose levels as much as 2 people (17%) and 5 people (42%) are not normal. Meanwhile, in female patients, 3 people (25%) were normal and 2 people (16%) were abnormal. Conclusions when blood glucose is mostly increased in people with hypertension. Suggestions for hypertension sufferers are expected to be controlled by a doctor so that blood pressure is controlled and carry out a healthy lifestyle.*

**Keywords:** *Blood Glucose, Hypertension, Glucometer*

