

PERUBAHAN KADAR GLUKOSA DARAH PERAWAT RSI DARUS SYIFA' SURABAYA PADA *SHIFT* PAGI DAN MALAM

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SUMMARY

Blood Glucose Level changes among Morning and Night Shift work Nurses employed in Islamic Hospital Darus Shifa 'Surabaya. The provision of shift work in hospital can't be avoided. This also applies to the Islamic Hospital of Darus Syifa' Surabaya. One of the workers at the hospital are often affected by shift work is a nurses. With a considerable number of patients and the work system is rapid rotation, so the nurses are at risk of the shift work effects, one of the effect is increased blood glucose level, if this condition continues, it could result in diabetes militus. Shift work patterns of working time is given to the worker to do something and usually divided up the work in the morning, afternoon and evening. The hallmark of shift work are continuity, work schedule changes and special. The effects of shift work include physiological, social and performance effects. One of the physiological effect is included blood glucose level increased. The size of the effects of shift work depend on individual characteristics such as age, gender, marital status, personality type and tenure. The purpose of this research was to study blood glucose level changes among morning and night shift work nurses employed in islamic hospital of Darus Shifa 'Surabaya, where the results as information specifically for shift work and nurses's blood glucose levels, was useful for improving the safety and health nurses. This study was observational, with cross-sectional design and use descriptive analysis techniques. This study takes four months. The population was all nurses Islamic Hospital of Darus Shifa 'Surabaya who work with the system 3 shifts (morning, evening and night) didn't have diabetes, not pregnant and breast feeding, so we get 31 respondent. Primary data collection was carried out by done through questioning and measurement of blood glucose levels on the respondents, an interview with the head of the room and field observations. Ie collection of secondary data to see the profile of the hospital. Instruments used to collect data including questionnaires, interviews, observation, bolpoint, Easy Touch, glucose test strips, alcohol swabs, sterile lancet and sterile cotton. The results of this study indicated that most of the nurses aged 21-25 years (51.61%), female (96.77%), married (61.29%), personality type B (54.84%) and duration of employment 1-5 years (64.52%). Shift work in Islamic Hospital of Darus Shifa 'Surabaya consisted of 3 shifts (morning, evening and night) with rapid rotation system of shift worked and patterns of rotation is uncertain. The result of this study showed that during morning shift, fasting blood glucose level and 4 hours after meal were 91,03 + 9, 579 mg/dl and 118,90 + 15,778 mg/dl respectively, and night shift were 91,42 + 10,996 mg/dl and 122,29 + 14,920 mg/dl respectively. Most of the respondent aged 21 – 25 years (50 %), female (95 %), marital status (60 %), personality type B (50 %) and duration of employment 1 – 5 years (70 %). vii

There was an increased blood glucose level after meal and decreased fasting blood glucose level. It is recommended that the hospital provide frequent short break alternately, forward shift work system, those who have high blood glucose level must be precluded from night shift work. There should be further, more detail research on the association between blood glucose level and shift work.

ABSTRACT

Blood Glucose Level changes among Morning and Night Shift work Nurses employed in Islamic Hospital Darus Shifa 'Surabaya'. The main aim of this research was to study blood glucose level changes among morning and night shift work nurses in Islamic Hospital of Darus Syifa' Surabaya. This was an observational study with cross sectional design, which used descriptive analysis techniques. This population of this study was 31 nurses who had no history diabetes militus, weren't pregnant and breast feeding. The result of this study showed that during morning shift fasting blood glucose level and 4 hours after meal were $91,03 \pm 9,579$ mg/dl and $118,90 \pm 15,778$ mg/dl respectively, and night shift were $91,42 \pm 10,996$ mg/dl and $122,29 \pm 14,920$ mg/dl respectively. Most of the respondent aged 21 – 25 years (50 %), female (95 %), marital status (60 %), type B personality (50 %) and duration of employment 1 – 5 years (70 %). There was an increased blood glucose level after meal and decreased fasting blood glucose level. It is recommended that the hospital provide frequent short break should, forward shift work system, those who have high blood glucose level must be precluded from further night shift work. There should also be further, more detailed research on the association between blood glucose level and shift work.

Keyword : Blood glucose level changes, *shift* work, hospital nurses