Perubahan kadar besi folat zinc dan selenium pasca suplementasi multivitamin dan multimineral = Changes of serum iron folate zinc and selenium after multi micronutrient supplementation / Kartini

E. Kartini, author

Abstrak

ABSTRAK
Tujuan Penelitian ini bertujuan menilai adanya perubahan kadar mikronutrien besi folat zinc dan selenium pada wanita hamil setelah pemberian multivitamin dan multimineral Metode Wanita hamil trimester 1 yang melakukan antenatal care di poliklinik Fetomaternal Rumah Sakit Cipto Mangunkusumo periode Juli hingga Oktober 2011 masuk sebagai subjek penelitian Intervensi dilakukan dengan memberikan multivitamin dan mineral yang dikonsumsi 1 tablet perhari selama 3 bulan Pengukuran kadar besi folat zinc dan selenium serum sebelum dan sesudah pemberian multivitamin dan multimineral menjadi keluaran penelitian Analisis statistik menggunakan uji T berpasangan dan uji Wilcoxon Hasil Sebanyak 28 wanita hamil trimester 1 yang bersedia ikut dalam penelitian dan menjalani pemeriksaan kadar mikronutrien sebelum dan sesudah pemberian multivitamin dalam periode penelitian Sebelum pemberian multivitamin kadar besi dan zinc di bawah normal kadar selenium dalam batas normal dan kadar folat di atas normal Pasca suplementasi multivitamin dan multimineral kadar zinc di bawah normal kadar besi dan selenium dalam batas normal dan kadar folat di atas normal Didapat penurunan kadar zinc dan peningkatan kadar folat pasca suplementasi yang bermakna secara statistik p 0 009 p 0 003 Didapat penurunan kadar besi dan peningkatan kadar selenium yang tidak bermakna secara statistik p 0 295 p 0 333 Kesimpulan Terdapat penurunan kadar zinc dan peningkatan kadar folat pasca suplementasi multivitamin dan multimineral Kata Kunci Mikronutrien suplementasi multivitamin dan multimineral
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ABSTRACT
Abstract Objective To measure changes of serum iron folate zinc and selenium level on pregnant woman after multi micronutrient supplementationMethod First trimester pregnant woman whom attended Maternal Fetal Policlinic at Cipto Mangunkusumo Hospital from July 2011 till October 2011 was considered into the study The intervention was consumption of multi micronutrient tablet once a day for three months period Measurements of serum level of iron folate zinc and selenium before and after supplementation were our outcomes We used paired T Test and Wilcoxon test for statistical analysis Results We had a total of 28 pregnant women of first trimester whom participated in the study and had measurement of micronutrient serum level before and after supplementation during the time period Before supplementation Serum iron and zinc level were below normal Serum selenium level was normal with higher than normal serum folate level After supplementation serum zinc level was found to be below normal Both level of serum iron and selenium increased to normal Serum folate level was higher than normal We found a decrease of serum zinc level with an increase in serum folate level that was statistically significant p 0 009 p 0 003 respectively We found slight decrease of serum iron level and an increase of serum selenium level that were not statistically significant p 0 295 p 0 333 Conclusion There is a decreased level of serum zinc with an increase in serum folate level after multi micronutrient supplementationKeywords Multi micronutrient supplementation