

Hubungan antara Tekanan Darah Ambulatorik 24 Jam dengan Indeks Massa Ventrikel Kiri pada Subyek Normotensi = Relationship between 24 Hour Ambulatory Blood Pressure and Left Ventricular Mass Index in Normotense Subjects

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Abstrak

Tekanan darah bervariasi secara diurnal. Studi terdahulu telah menunjukkan, bahwa ada hubungan antara tekanan darah khususnya tekanan darah sistolik dengan hipertrofi ventrikel kiri pada penderita hipertensi dengan koefisien korelasi yang bervariasi. Studi ini bertujuan untuk mengetahui apakah pada subyek normotensi, tekanan darah diukur secara ambulatorik 24 jam sudah mempengaruhi indeks massa ventrikel kiri. Untuk mengetahui korelasi antara tekanan darah baik secara kasual maupun ambulatorik 24 jam dengan indeks massa ventrikel kiri pada subyek normotensi, telah dilakukan penelitian di RSJHK terhadap 42 karyawan bidang administrasi RSJHK. Semua subyek termasuk normotensi pada pengukuran kasual. Tiga di antaranya dieksklusi karena kelainan katup, dan gangguan pada pemeriksaan ambulatorik 24 jam sehingga tidak memenuhi syarat untuk dianalisis. Subyek penelitian semuanya laki-laki, berumur $37,81 \pm 4,65$ tahun. Penelitian dilakukan dalam periode Nopember 1997 sampai dengan Juli 1998. Pengumpulan data dilakukan secara prospektif.

.....Blood pressure varies diurnally. Previous studies have shown that there is a relationship between blood pressure, especially systolic blood pressure, and left ventricular hypertrophy in hypertensive patients with varying correlation coefficients. This study aims to find out whether in normotensic subjects, blood pressure measured ambulatorically at 24 hours has affected the left ventricular mass index. To determine the correlation between blood pressure both casually and ambulatory 24 hours with the left ventricular mass index in normotensic subjects, a study has been conducted at RSJHK on 42 employees in the field of administration of RSJHK. All subjects included normotensic to casual measurements. Three of them were excluded due to valve abnormalities, and interference with the 24-hour ambulatory examination so they were not eligible for analysis. The research subjects were all male, aged 37.81 ± 4.65 years. The research was conducted in the period from November 1997 to July 1998. Data collection is carried out prospectively