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KADAR KALSIUM SERUM PADA LANSIA

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ABSTRAK

Pendahuluan penuaan merupakan masalah yang utama bagi para lanjut usia. Bertambahnya usia dan adanya penyakit tertentu menyebabkan tulang menjadi tipis dan rapuh sehingga mudah patah, diatas umur 50 tahun, jumlah kandungan kalsium dalam tubuh akan menyusut sebanyak 30%. Kehilangan akan mencapai 50% ketika mencapai umur 70 tahun selanjutnya akan mengalami masalah kekurangan kalsium. **Tujuan** penelitian ini bertujuan untuk mengetahui kadar kalsium serum pada lansia. **Metode** literature review ini masalah lima artikel penelitian tentang kadar kalsium serum pada lansia mulai tahun 2015. Pencarian artikel menggunakan metode PICOS dengan kata kunci kalsium darah dan lansia untuk pencarian jurnal nasional, serum calcium levels and elderly untuk pencarian jurnal internasional pada database Google Scholar dan Science Direct. **Hasil** dari penelitian pada kelima artikel seluruhnya menunjukkan kadar kalsium serum pada sebagian besar lansia didapatkan normal. **Kesimpulan** dari penelitian kelima artikel yang diperoleh, didapatkan kadar kalsium serum normal pada sebagian besar lansia. **Saran** diharapkan bagi peneliti selanjutnya dapat melakukan penelitian dengan meneliti pengaruh olahraga terhadap kadar kalsium darah pada lansia.

Kata kunci : Kadar Kalsium Serum , Lansia dan Serum Calcium Levels and Elderly

CALCIUM SERUM LEVELS IN ELDERLY

ABSTRACT

Introduction Aging is a major problem for the elderly. Increasing age and the presence of certain diseases cause bones to become thin and brittle so that they break easily, over the age of 50 years, th amount of calcium content in the body will shrink by 30%. The loss will reach 50 % when you reach the age of 70 years then you will have calcium deficiency problems. **Objective** The purpose of this study to determine serum calcium levels in the elderly. **Method** This literature review examines research articles on serum calcium levels in the elderly starting in 2015. Articles searches use the PICOS method with the keywords serum calcium and elderly for national journal searches, serum calcium levels and elderly for international journal searches on the Google Scholar database and Science Direct. **Result** The results of the researches in all five articles showed that the serum calcium levels in the majority of the elderly were normal. **Conclusion** The conclusion of the five articles obtained showed normal serum calcium levels in the majority of the elderly. **Suggestion** it is hoped that further researches can conduct research by examining the effect of exercise on blood calcium levels in the elderly.

Keywords : Serum Calcium Level, Serum Calcium Levels and Elderly