

DAFTAR PUSTAKA

- Almatsier, S. (2009). *Prinsip Dasar Ilmu Gizi*. Gramedia Pustaka.
- Ariyani, D. E., Achadi, E. L., & Irawati, A. (2012). Validitas Lingkar Lengan Atas Mendeteksi Risiko Kekurangan Energi Kronis pada Wanita Indonesia. *Jurnal Kesehatan Masyarakat Nasional*, 7(2), 83–90.
- Astor, B. C., Matsushita, K., Gansevoort, R. T., van der Velde, M., Woodward, M., Levey, A. S., Jong, P. E. de, & Coresh, J. (2011). Lower estimated glomerular filtration rate and higher albuminuria are associated with mortality and end-stage renal disease. A collaborative meta-analysis of kidney disease population cohorts. *Kidney International*, 79(12), 1331–1340. <https://doi.org/10.1038/ki.2010.550>
- AuYeung, T. W., Leung, J., Yu, R., Lee, J. S. W., Kwok, T., & Woo, J. (2018). Decline and Peripheral Redistribution of Fat Mass in Old Age - A Four-Year Prospective Study in 3018 Older Community-Living Adults. *The Journal of Nutrition, Health & Aging*, 22(7), 847–853. <https://doi.org/10.1007/s12603-018-1026-4>
- Baecke, J. A. H., Burema, J., & Frijters, J. E. R. (1982). A Short Questionnaire for The Measurement of Habitual Physical Activity in Epidemiological Studies. *The American Journal for Clinical Nutrition*, 36(5), 936–942.
- Bailey, K. V., & Ferro-Luzzi, A. (1995a). Use of body mass index of adults in assessing individual and community nutritional status. *Bulletin of the World Health Organization*, 73(5), 673–680.
- Bailey, K. V., & Ferro-Luzzi, A. (1995b). Use of body mass index of adults in assessing individual and community nutritional status. *Bulletin of the World Health Organization*, 73(5), 673–680.

- Bakaloudi, D. R., Siargkas, A., Poulia, K. A., Dounousi, E., & Chourdakis, M. (2020). The effect of exercise on nutritional status and body composition in hemodialysis: A systematic review. In *Nutrients* (Vol. 12, Issue 10, pp. 1–33). MDPI AG. <https://doi.org/10.3390/nu12103071>
- Bogataj, Š., Pajek, M., Pajek, J., Buturović Ponikvar, J., & Paravlic, A. H. (2019). Exercise-Based Interventions in Hemodialysis Patients: A Systematic Review with a Meta-Analysis of Randomized Controlled Trials. *Journal of Clinical Medicine*, *9*(1), 43. <https://doi.org/10.3390/jcm9010043>
- Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985a). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Reports (Washington, D.C. : 1974)*, *100*(2), 126–131.
- Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985b). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Reports (Washington, D.C. : 1974)*, *100*(2), 126–131.
- Cha, R., Lee, G. S., Yoo, J. Y., Rhee, O. B., & Jeon, Y. D. (2021). Hand Grip and Leg Muscle Strength in Hemodialysis Patients and Its Determinants. *Journal of Korean Medical Science*, *36*(11). <https://doi.org/10.3346/jkms.2021.36.e76>
- Chen, L. K., Woo, J., Assantachai, P., Auyeung, T. W., Chou, M. Y., Iijima, K., Jang, H. C., Kang, L., Kim, M., Kim, S., Kojima, T., Kuzuya, M., Lee, J. S. W., Lee, S. Y., Lee, W. J., Lee, Y., Liang, C. K., Lim, J. Y., Lim, W. S., ... Arai, H. (2020). Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. *Journal of the American Medical Directors Association*, *21*(3), 300-307.e2. <https://doi.org/10.1016/j.jamda.2019.12.012>

- Chen, T. K., Knicely, D. H., & Grams, M. E. (2019). Chronic Kidney Disease Diagnosis and Management. *JAMA*, 322(13), 1294. <https://doi.org/10.1001/jama.2019.14745>
- Cornelia, & et al. (2013). *Konseling Gizi*. Penebar Plus.
- Daugirdas, J. T., Blake, P. G., & Ing, T. S. (2007). *Handbook of Dialysis* (4th ed.). Lipincott William & Wilkins.
- Divyaveer, S. S., Ramachandran, R., Sahay, M., Singh Shah, D., Akhtar, F., Bello, A. K., Iyengar, A., Johnson, D. W., Harris, D. C. H., Levin, A., Lunney, M., Rahman, M., Rashid, H.-U., Saad, S., Zaidi, D., Osman, M. A., Varughese, S., Wijewickrama, E. S., Khan, M., ... Jha, V. (2021a). International Society of Nephrology Global Kidney Health Atlas: structures, organization, and services for the management of kidney failure in South Asia. *Kidney International Supplements*, 11(2), e97–e105. <https://doi.org/10.1016/j.kisu.2021.01.006>
- Divyaveer, S. S., Ramachandran, R., Sahay, M., Singh Shah, D., Akhtar, F., Bello, A. K., Iyengar, A., Johnson, D. W., Harris, D. C. H., Levin, A., Lunney, M., Rahman, M., Rashid, H.-U., Saad, S., Zaidi, D., Osman, M. A., Varughese, S., Wijewickrama, E. S., Khan, M., ... Jha, V. (2021b). International Society of Nephrology Global Kidney Health Atlas: structures, organization, and services for the management of kidney failure in South Asia. *Kidney International Supplements*, 11(2), e97–e105. <https://doi.org/10.1016/j.kisu.2021.01.006>
- Duong, T. Van, Wu, P.-Y., Wong, T.-C., Chen, H.-H., Chen, T.-H., Hsu, Y.-H., Peng, S.-J., Kuo, K.-L., Liu, H.-C., Lin, E.-T., Feng, Y.-W., & Yang, S.-H. (2019). Mid-arm circumference, body fat, nutritional and inflammatory

biomarkers, blood glucose, dialysis adequacy influence all-cause mortality in hemodialysis patients. *Medicine*, 98(12), e14930.
<https://doi.org/10.1097/MD.00000000000014930>

Durstine, J. L., Gordon, B., Wang, Z., & Luo, X. (2013). Chronic disease and the link to physical activity. In *Journal of Sport and Health Science* (Vol. 2, Issue 1, pp. 3–11). Elsevier. <https://doi.org/10.1016/j.jshs.2012.07.009>

Dwyer, J. T., Larive, B., Leung, J., Rocco, M., Burrowes, J. D., Chumlea, W. C., Frydrych, A., Kusek, J. W., & Uhlin, L. (2002). Nutritional status affects quality of life in Hemodialysis (HEMO) Study patients at baseline. *Journal of Renal Nutrition*, 12(4), 213–223. <https://doi.org/10.1053/jren.2002.35297>

Eckardt, K.-U., Bansal, N., Coresh, J., Evans, M., Grams, M. E., Herzog, C. A., James, M. T., Heerspink, H. J. L., Pollock, C. A., Stevens, P. E., Tamura, M. K., Tonelli, M. A., Wheeler, D. C., Winkelmayer, W. C., Cheung, M., Hemmelgarn, B. R., Abu-Alfa, A. K., Anand, S., Arici, M., ... Williams, A. W. (2018). Improving the prognosis of patients with severely decreased glomerular filtration rate (CKD G4+): conclusions from a Kidney Disease: Improving Global Outcomes (KDIGO) Controversies Conference. *Kidney International*, 93(6), 1281–1292. <https://doi.org/10.1016/j.kint.2018.02.006>

Filipčič, T., Bogataj, Š., Pajek, J., & Pajek, M. (2021). Physical Activity and Quality of Life in Hemodialysis Patients and Healthy Controls: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 18(4), 1978. <https://doi.org/10.3390/ijerph18041978>

Ghafourifard, M., Mehrizade, B., Hassankhani, H., & Heidari, M. (2021). Hemodialysis patients perceived exercise benefits and barriers: the

- association with health-related quality of life. *BMC Nephrology*, 22(1).
<https://doi.org/10.1186/s12882-021-02292-3>
- Gregg, L. P., Bossola, M., Ostrosky-Frid, M., & Hedayati, S. S. (2021). Fatigue in CKD. *Clinical Journal of the American Society of Nephrology*, 16(9), 1445–1455. <https://doi.org/10.2215/CJN.19891220>
- Henrich, W. L. (2009). *Principles and practice of dialysis*. Lipincott William &Wilkins.
- Hong, W., & Lee, Y.-J. (2019). The association of dialysis adequacy, body mass index, and mortality among hemodialysis patients. *BMC Nephrology*, 20(1), 382. <https://doi.org/10.1186/s12882-019-1570-0>
- Johansen, K. L., Chertow, G. M., Ng, A. V, Mulligan, K., Carey, S., Schoenfeld, P. Y., & Kent-Braun, J. A. (2000). Physical activity levels in patients on hemodialysis and healthy sedentary controls. In *Kidney International* (Vol. 57).
- KDIGO. (2013). Official JOurnal Of the internatiOnal SOciety Of nephroIOgy KDIGO 2012 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease. *Official Journal of The International Society of Nephrology*, 3(1). www.publicationethics.org
- Kemenkes RI. (2018, June 23). *Mengenal Jenis Aktivitas Fisik*. Direktorat Promosi Kesehatan Dan Pemberdayaan Masyarakat. promkes.kemkes.go.id/content/?p=8807
- KIS. (2013). Chapter 1: Definition and classification of CKD. *Kidney International Supplements*, 3(1), 19–62. <https://doi.org/10.1038/kisup.2012.64>
- Kopple, J., Massry, S., & Kalantar-Zadeh, K. (2012). *Nutritional Management of Renal Disease* (3rd ed.). Academic Press.

- Kovesdy, C. P. (2022). Epidemiology of chronic kidney disease: an update 2022. *Kidney International Supplements*, 12(1), 7–11.
<https://doi.org/10.1016/j.kisu.2021.11.003>
- Kwon, I., Kim, J.-S., Shin, C.-H., Park, Y., & Kim, J.-H. (2019). Associations Between Skeletal Muscle Mass, Grip Strength, and Physical and Cognitive Functions in Elderly Women: Effect of Exercise with Resistive Theraband. *Journal of Exercise Nutrition & Biochemistry*, 23(3), 50–55.
<https://doi.org/10.20463/jenb.2019.0023>
- Lee, S. Y. (2021a). Handgrip Strength: An Irreplaceable Indicator of Muscle Function. *Annals of Rehabilitation Medicine*, 45(3), 167–169.
<https://doi.org/10.5535/arm.21106>
- Lee, S. Y. (2021b). Handgrip Strength: An Irreplaceable Indicator of Muscle Function. *Annals of Rehabilitation Medicine*, 45(3), 167–169.
<https://doi.org/10.5535/arm.21106>
- Lee, Y. L., Lee, B. H., & Lee, S. Y. (2019). Handgrip Strength in the Korean Population: Normative Data and Cutoff Values. *Annals of Geriatric Medicine and Research*, 23(4), 183–189. <https://doi.org/10.4235/agmr.19.0042>
- Lou, X., Li, Y., Shen, H., Juan, J., & He, Q. (2019). Physical activity and somatic symptoms among hemodialysis patients: A multi-center study in Zhejiang, China. *BMC Nephrology*, 20(1). <https://doi.org/10.1186/s12882-019-1652-z>
- Murbawani, E. A., Ws, H., Puruhita, N., Probosari, E., & Candra, A. (2021). Correlation of dietary intake and physical activity with nutritional status, body composition and hand grip strength in elderly. *The Indonesian Journal of Nutrition) Jurnal Gizi Indonesia*, 10(1), 1858–4942.
<https://ejournal.undip.ac.id/index.php/jgi>

- Murdeswar, H. N., & Anjum, F. (2023). *Hemodialysis*.
- Nakhaie, M., Babaie, S., & Koor, B. (2015). Nutritional assessment and its correlation with anthropometric measurements in hemodialysis patients. *Saudi Journal of Kidney Diseases and Transplantation*, 26(4), 697. <https://doi.org/10.4103/1319-2442.160146>
- National Kidney Foundation. (2023). *Staying Fit With Kidney Disease*. Kidney.Org.
- PERNEFRI. (2018). *11th Report Of Indonesian Renal Registry 2018*.
- Sastroasmoro, S., & Ismael, S. (2016). *Dasar-dasar Metodologi Penelitian Klinis* (5th ed.). Sagung Seto.
- Strath, S. J., Kaminsky, L. A., Ainsworth, B. E., Ekelund, U., Freedson, P. S., Gary, R. A., Richardson, C. R., Smith, D. T., & Swartz, A. M. (2013). Guide to the Assessment of Physical Activity: Clinical and Research Applications. *Circulation*, 128(20), 2259–2279. <https://doi.org/10.1161/01.cir.0000435708.67487.da>
- Sultan, S., Nasir, K., Qureshi, R., Dhrolia, M., & Ahmad, A. (2021). Assessment of the Nutritional Status of the Hemodialysis Patients by Anthropometric Measurements. *Cureus*, 13(10), e18605. <https://doi.org/10.7759/cureus.18605>
- Taekema, D. G., Gussekloo, J., Maier, A. B., Westendorp, R. G. J., & de Craen, A. J. M. (2010). Handgrip strength as a predictor of functional, psychological and social health. A prospective population-based study among the oldest old. *Age and Ageing*, 39(3), 331–337. <https://doi.org/10.1093/ageing/afq022>
- Takahashi, A. (2021). The pathophysiology of leg cramping during dialysis and the use of carnitine in its treatment. In *Physiological Reports* (Vol. 9, Issue 21). American Physiological Society. <https://doi.org/10.14814/phy2.15114>

- Vadakedath, S., & Kandi, V. (2017a). Dialysis: A Review of the Mechanisms Underlying Complications in the Management of Chronic Renal Failure. *Cureus*. <https://doi.org/10.7759/cureus.1603>
- Vadakedath, S., & Kandi, V. (2017b). Dialysis: A Review of the Mechanisms Underlying Complications in the Management of Chronic Renal Failure. *Cureus*, 9(8). <https://doi.org/10.7759/cureus.1603>
- Voorrips, L. E., Ravelli, A. C., Dongelmans, P. C., Deurenberg, P., & Van Staveren, W. A. (1991a). A physical activity questionnaire for the elderly. *Medicine and Science in Sports and Exercise*, 23, 974–979.
- Voorrips, L. E., Ravelli, A. C., Dongelmans, P. C., Deurenberg, P., & Van Staveren, W. A. (1991b). A physical activity questionnaire for the elderly. *Medicine and Science in Sports and Exercise*, 23, 974–979.
- Wang, A. Y. M., Sea, M. M. M., Ho, Z. S. Y., Lui, S. F., Li, P. K. T., & Woo, J. (2005). Evaluation of handgrip strength as a nutritional marker and prognostic indicator in peritoneal dialysis patients. *American Journal of Clinical Nutrition*, 81(1), 79–86. <https://doi.org/10.1093/ajcn/81.1.79>
- Wang, A. Y., Sherrington, C., Toyama, T., Gallagher, M. P., Cass, A., Hirakawa, Y., Li, Q., Sukkar, L., Snelling, P., & Jardine, M. J. (2017). Muscle strength, mobility, quality of life and falls in patients on maintenance haemodialysis: A prospective study. *Nephrology*, 22(3), 220–227. <https://doi.org/10.1111/nep.12749>
- Warburton, D. E. R., & Bredin, S. S. D. (2017). Health benefits of physical activity. *Current Opinion in Cardiology*, 32(5), 541–556. <https://doi.org/10.1097/HCO.0000000000000437>

- Wong, S. W., Chan, Y. M., & Lim, T. S. (2011). Correlates of Physical Activity Level among Hemodialysis Patients in Selangor, Malaysia 277 Mal. *J Nutr*, 17(3), 277–286.
- Yallamraju, S. R., Mehrotra, R., Sinha, A., Gattumeedhi, S. R., Gupta, A., & Khadse, S. V. (2014a). Use of mid upper arm circumference for evaluation of nutritional status of OSMF patients. *Journal of International Society of Preventive & Community Dentistry*, 4(Suppl 2), S122-5. <https://doi.org/10.4103/2231-0762.146217>
- Yallamraju, S. R., Mehrotra, R., Sinha, A., Gattumeedhi, S. R., Gupta, A., & Khadse, S. V. (2014b). Use of mid upper arm circumference for evaluation of nutritional status of OSMF patients. *Journal of International Society of Preventive & Community Dentistry*, 4(Suppl 2), S122-5. <https://doi.org/10.4103/2231-0762.146217>
- Zeman, F. J., & Ney, D. M. (1998). *Applications of Clinical Nutrition*.
- Zhou, Y., & Yang, J. (2020). Chronic Kidney Disease: Overview. In *Chronic Kidney Disease* (pp. 3–12). Springer Singapore. https://doi.org/10.1007/978-981-32-9131-7_1