

EKSPLORASI PENGALAMAN PASIEN GAGAL GINJAL KRONIK MENJALANI TERAPI HEMODIALISIS SELAMA DAN PASCA PANDEMI COVID-19 DI RSUP Dr. SARDJITO YOGYAKARTA

Agnes Daytora Raba^{1,3}, Haryani¹, Intansari Nurjannah²

¹Departemen Keperawatan Medikal Bedah, Universitas Gadjah Mada, Yogyakarta, Indonesia

²Departemen Keperawatan Jiwa, Universitas Gadjah Mada, Yogyakarta, Indonesia

³RSUD dr. Doris Sylvanus, Palangkaraya, Indonesia

Penulis koresponden: agnesdaytoraraba@mail.ugm.ac.id

ABSTRAK

Latar Belakang: Pandemi COVID-19 telah menyebabkan banyaknya masalah, salah satunya bagi pasien dan keluarga yang mengalami gagal ginjal kronik dan harus tetap menjalani terapi hemodialisis. Pengalaman menjalani terapi hemodialisis di rumah sakit ketika dan setelah pandemi merupakan hal yang penting diketahui sebagai salah satu pertimbangan kebijakan dan pelaksanaan terapi jika setelah ini terjadi situasi serupa.

Tujuan: Mengeksplorasi pengalaman pasien gagal ginjal kronik yang menjalani hemodialisis selama dan setelah pandemi COVID-19 berdasarkan dimensi kualitas hidup (fisik, psikologis, sosial, dan lingkungan).

Metode: Penelitian kualitatif eksploratif dilakukan dari September - Oktober 2023. *Purposive sampling* digunakan untuk pemilihan 16 partisipan dalam wawancara mendalam yaitu 8 pasien gagal ginjal kronik yang terdaftar di Instalasi Hemodialisa beserta 1 orang keluarga pengasuh dari tiap partisipan.

Hasil: Hasil analisis menunjukkan bahwa diperoleh perubahan pengalaman yang lebih positif dari berbagai aspek, yang diwujudkan dalam tema utama yaitu transisi progresif atau perubahan menjadi lebih baik dalam kualitas hidup pasien yang menjalani terapi hemodialisis saat dan setelah pandemi COVID-19. Hasil penelitian ini menunjukkan tidak ada pengalaman negatif dalam proses transisi pasien dan keluarga yang menjalani terapi hemodialisis selama dan setelah pandemi COVID-19.

Kesimpulan: Berdasarkan aspek fisik, psikologis, hubungan sosial, maupun lingkungan, pasien dan keluarga memiliki pengalaman yang lebih positif ketika menjalani terapi hemodialisis saat dan setelah pandemi.

Kata kunci: Gagal ginjal kronik; Hemodialisis; Kualitas hidup; COVID-19

EXPLORATION OF THE EXPERIENCES OF CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING HEMODIALYSIS THERAPY DURING AND POST THE COVID-19 PANDEMIC AT DR. SARDJITO YOGYAKARTA HOSPITAL

Agnes Daytora Raba^{1,3}, Haryani¹, Intansari Nurjannah²

¹*Department of Medical Surgical Nursing, Gadjah Mada University, Yogyakarta, Indonesia*

²*Department of Psychiatric Nursing, Gadjah Mada University, Yogyakarta, Indonesia*

³*Dr. Doris Sylvanus Hospital, Palangkaraya, Indonesia*

Corresponding author: agnesdaytoraraba@mail.ugm.ac.id

ABSTRACT

Background: The COVID-19 pandemic has caused many problems, one of which is for patients and families who experience chronic kidney failure and must continue undergoing hemodialysis therapy. The experience of undergoing hemodialysis therapy in a hospital during and after a pandemic is an important thing to know as one of the policy considerations and implementation of therapy if a similar situation occurs after this.

Purpose: Exploring the experiences of chronic kidney failure patients undergoing hemodialysis during and after the COVID-19 pandemic based on quality of life dimensions (physical, psychological, social and environmental).

Methods: Exploratory qualitative research was conducted from September - October 2023. Purposive sampling was used to select 16 participants for in-depth interviews, namely 8 chronic kidney failure patients registered at the Hemodialysis Installation along with 1 family caregiver for each participant.

Results: The results of the analysis showed that more positive experience changes were obtained from various aspects, which were manifested in the main theme, namely progressive transition or change for the better in the quality of life of patients undergoing hemodialysis therapy during and after the COVID-19 pandemic. The results of this study showed no negative experiences in the transition process of patients and families undergoing hemodialysis therapy during and after the COVID-19 pandemic.

Conclusion: Based on physical, psychological, social relationships, and environmental aspects, patients and families have a more positive experience when undergoing hemodialysis therapy during and after the pandemic.

Keywords: Chronic renal failure; Hemodialysis; Quality of life; COVID-19