

HUBUNGAN ADEKUASI HEMODIALISIS DENGAN ASUPAN ENERGI—PROTEIN, NAFSU MAKAN, DAN INDEKS MASSA TUBUH PADA PASIEN PENYAKIT GINJAL KRONIS STADIUM 5

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ABSTRAK

Pasien dengan penyakit ginjal kronik dapat mengalami penurunan nafsu makan, mual, muntah, perubahan metabolisme, dan peningkatan kehilangan protein melalui dialisis. Asupan makan, nafsu makan, dan status gizi pada pasien hemodialisis penting untuk diketahui sebagai salah satu upaya untuk peningkatan kualitas hidup pasien. Penelitian ini dirancang dengan metode kuantitatif berupa penelitian observasional analitik dengan rancangan cross-sectional. Populasi dalam penelitian ini adalah semua pasien di poli hemodialisis RSUP Dr. Sardjito yang menjalani hemodialisis pada Oktober–Desember 2022 sebanyak 109 pasien, serta pasien hemodialisis di RSUD Sleman pada Maret–Mei 2023 sebanyak 108 pasien. Sampel atau subjek penelitian dipilih berdasarkan populasi yang memenuhi kriteria Inklusi yaitu usia > 18 tahun, menjalani hemodialisis rutin 2x/minggu selama minimal 3 bulan, tersedianya data antropometri, data asupan energi, data asupan protein, data nafsu makan, dan data Kt/V responden. Jumlah sampel yang diperoleh adalah 102 pasien yang diambil dengan teknik purposive sampling. Hasil penelitian menunjukkan bahwa sebagian besar pasien hemodialisis menunjukkan adekuasi dalam proses hemodialisisnya, memiliki nafsu makan baik, dan status gizi optimal berdasar IMT, namun memiliki asupan energi dan protein kurang. Tidak terdapat hubungan antara adekuasi hemodialisis dengan asupan energi-protein pada pasien hemodialisis. terdapat hubungan antara adekuasi hemodialisis dengan nafsu makan pada pasien hemodialisis, dan tidak terdapat hubungan antara adekuasi hemodialisis dengan indeks massa tubuh pada pasien hemodialisis.

Kata kunci: adekuasi, hemodialisis, status gizi, asupan makan

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THE RELATIONSHIP BETWEEN HEMODIALYSIS ADEQUACY AND ENERGY–PROTEIN INTAKE, APPETITE, AND BODY MASS INDEX IN STAGE 5 CHRONIC KIDNEY DISEASE PATIENTS

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ABSTRACT

Patients with chronic kidney disease may experience decreased appetite, nausea, vomiting, metabolic changes, and increased protein loss through dialysis. Food intake, appetite, and nutritional status in hemodialysis patients are important to know as an effort to improve the quality of life of patients. This study was designed with quantitative methods in the form of analytic observational research with a cross-sectional design. The population in this study were all patients in the hemodialysis clinic of Dr. Sardjito Hospital who underwent hemodialysis in October–December 2022 as many as 109 patients, and hemodialysis patients at Sleman Regional Hospital in March–May 2023 as many as 108 patients. Samples or research subjects were selected based on the population who met the inclusion criteria, namely age > 18 years, undergoing routine hemodialysis 2x / week for at least 3 months, availability of anthropometric data, energy intake data, protein intake data, appetite data, and respondent Kt / V data. The number of samples obtained was 102 patients taken with purposive sampling technique. The results showed that most hemodialysis patients showed adequacy in the hemodialysis process, had a good appetite, and optimal nutritional status based on BMI, but had insufficient energy and protein intake. There is no relationship between hemodialysis adequacy and energy-protein intake in hemodialysis patients, there is a relationship between hemodialysis adequacy and appetite in hemodialysis patients, and there is no relationship between hemodialysis adequacy and body mass index in hemodialysis patients.

Keywords: adequacy, hemodialysis, nutritional status, food intake

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