DAFTAR PUSTAKA

Afaghi, E., Tayebi, A., Sajadi, S.A., Ebadi, A. 2021. The Relationship between nutritional status based on Subjective Global Assesment and Dialysis Adequacy. *Nephro-Urol Mon*; 1393

Afshar R, Shegarfy L, Shavandi N, Sanavi S (2010) Effects of aerobic exercise and resistance training on lipid profiles and inflammation status in patients on maintenance hemodialysis. Indian J Nephrol 20(4):185–189

American College of Sports Medicine (ACSM). 2021. *ACSM's Guidelines for Exercise Testing and Prescription Eleventh Edition*. Wolters Kluwer: Philadephia

Arazi, H.; Mohabbat, M.; Saidie, P.; Falahati, A.; Suzuki, K. 2022. Effects of Different Types of Exercise on Kidney Diseases. *Sports*. *10*, 42. https://doi.org/10.3390/sports10030042

Armezya, W., Nasrul, E., & Bahar, E. 2014. Pengaruh Hemodialisis terhadap Urea Reduction Ratio pada Pasien Penyakit Ginjal Kronik StadiumV di RSUP Dr . M . Djamil Padang. *Jurnal Kesehatan Andalas*, *5*(2), 300–305.

Artan, A.S., Gursu, M., Elcioglu, O.C., Yabach, A., Kazancioglu, R. 2022. Correlation of Body Composition Analysis with Anthropometric Measurements in Peritonel Dialysis Patients. *Bezmialem Science*.10(1): 3-9

Bae, Y. H., Lee, S. M., & Jo, J. I. 2015. Aerobic training during hemodialysis improves body composition, muscle function, physical performance, and quality of life in chronic kidney disease patients. *Journal of physical therapy science*, *27*(5), 1445–1449.

Baião VM, Duarte MP, Cunha VA, Dourado GÍ, Leal DV, Viana JL, Inda-Filho AJ, Nóbrega OT, Ferreira AP and Ribeiro HS (2023), Intradialytic resistance training for short daily hemodialysis patients as part of the clinical routine: a quasi experimental study. Front. Aging 4:1130909. doi: 10.3389/fragi.2023.1130909

Bakaloudi DR, Siargkas A, Poulia KA, Dounousi E, Chourdakis M (2020) The effect of exercise on nutritional status and body composition in hemodialysis: a systematic review. Nutrients 12(10):3071. https://doi.org/10.3390/nu12103071

Baral, S., Pant, V., & Shah, D. 2017. Dialysis Adequacy in ESRD Patients on Maintenance Hemodialysis in a Tertiary Care Center. *Journal ofInstitute of Medicine*, *39*(2), 29–32.

Barzegar, H., Moosazadeh, M., Jafari, H., Esmaeili, R. 2016. Evaluation of dialysis adequacy in hemodialysis patients: A systematic review. *UrologJournal*, 1*3*(4), 2744–2749.

Bogataj S, Pajek J, Ponikvar B, Pajek M (2020) Functional train ing added to intradialytic cycling lowers low-density lipoprotein cholesterol and improves dialysis adequacy: a randomized con trolled trial. BMC Nephrol 21:352

Brown, P. D. S., Rowed, K., Shearer, J., MacRae, J. M., Parker, K. 2017. Impact of intradialytic exercise intensity on urea clearance in hemodialysis patients. *Applied Physiology, Nutrition, and Metabolism*, *43*(1), 101-104

Chauhan, KG dan Sheth, M. 2022. Comparison of the Effect of Aerobic Training and Resistance Training on Body Mass Index and Skinfold Thickness in Overweight and Obese Adults - An Experimental Study. International Journal of Health Sciences and Research. 12 (7), DOI: https://doi.org/10.52403/ijhsr.20220704

Chen, T., Knicely, D. and Grams, M., 2019. Chronic Kidney Disease Diagnosis and Management. *JAMA*, 322(13), p.1294 DOI: 10.1001/jama.2019.14745

Chigira Y, Oda T, Izumi M, Yoshimura T (2017) Effects of exercise therapy during dialysis for elderly patients undergoing maintenance dialysis. J Phys Ther Sci 29(1):20–23

Cho, H., & Sohng, K. Y. (2014). The effect of a virtual reality exercise program on physical fitness, body composition, and fatigue in hemodialysis patients. *Journal of physical therapy science*, *26*(10), 1661–1665. https://doi.org/10.1589/jpts.26.1661

Dahlan, S., 2016. Besar sampel dalam penelitian kedokteran dan kesehatan. *Epidemiologi Indonesia*, edisi 4. ISBN 978-602-18408-8-7.

Davenport,A. 2014. Chronic Kidney Failure: Renal Replacement Therapy. In Peter J. Morris, Stuart J. Knechtle (Ed.): *Kidney Transplantation–Principles and Practice (Seventh Edition)*, pp 39-53, W.B. Saunders, Philadelphia. ISBN 9781455740963, https://doi.org/10.1016/B978-1-4557-4096-3.00003-9.

Desai, M.; Mohamed, A.; Davenport, A. A pilot study investigating the effect of pedalling exercise during dialysis on 6-min walking test and hand grip and pinch strength. Int. J. Artif. Organs 2019, 42, 161–166

Dobsak, P., Homolka, P., Svojanovsky, J., Reichertova, A., Soucek, M., Novakova, M., Dusek, L., Vasku, J., Eicher, J.-C., & Siegelova, J. (2012). Intra-dialytic electrostimulation of leg extensors may improve exercise tolerance and quality of life in hemodialyzed patients. Artificial Organs, 36(1), 71–78. https://doi.org/10.1111/ j.1525-1594.2011.01302.x

Dong,Z.J.; Zhang, H.L.; Yin, L.X. Effects of intradialytic resistance exercise on systemic inflammation in maintenance hemodialysis patients with sarcopenia: A randomized controlled trial. Int. Urol. Nephrol. 2019, 51, 1415–1424

Fazl-E-Mateen, Ahmad S, Elahi I, Anees M. 2022. Comparison between different methods of calculating Kt/V as the marker of adequacy of dialysis. *Pak J Med Sci*. 38(1):167-171. doi: 10.12669/pjms.38.1.4281. PMID: 35035420; PMCID: PMC8713208.

Forwaty, E., Malini, H., Oktarina, E. 2019. Pengaruh *Intradialytic Range of Motion* (ROM) Exercise terhadap Depresi, Insomnia dan Asupan Nutrisi pada Pasien Hemodialisis. *Jurnal Kesehatan Andalas*, *8*(3), 529. https://doi.org/10.25077/jka.v8i3. 1038

Forwaty, E., Rusherina., Usraleli, Melly. 2021. Protokol intradialytic Exercise terhadap Adekuasi Dialisis: Literature review. *Journal of Nursing Care & Biomolecular*. 6(2): 113-123

Fouque, D, Kalantar-Zadeh K, Kopple J, Cano N, Chauveau P, Cuppari L, et al. 2008. Proposed nomenclature and diagnostic criteria for protein-energy wasting in acute and chronic kidney disease. *Kidney Int*. 73:391-8.

Goldstein, S. L., Brem, A., Warady, B. A., Fivush, B., & Frankenfield, D. (2006). Comparison of single-pool and equilibrated Kt/V values for pediatric hemodialysis prescription management: analysis from the Centers for Medicare & Medicaid Services Clinical Performance Measures Project. *Pediatric nephrology (Berlin, Germany)*, *21*(8), 1161–1166. https://doi.org/10.1007/s00467-006-0112-8

Groussard, C., Rouchon-Isnard, M., Coutard, C., Romain, F., Malardé, L., Lemoine-Morel, S., *et al.*, 2015. Beneficial effects of an intra-dialytic cycling training program in patients with end-stage kidney disease. *Applied Physiology, Nutrition, and Metabolism*, *40*(6), 550–556. https://doi.org/10.1139/apnm-2014-0357.

Harris AD, McGregor JC, Perencevich EN, Furuno JP, Zhu J, Peterson DE, Finkelstein J. The use and interpretation of quasi-experimental studies in medical informatics. J Am Med Inform Assoc. 2006 Jan-Feb;13(1):16-23. doi: 10.1197/jamia.M1749. Epub 2005 Oct 12. PMID: 16221933; PMCID: PMC1380192.

Hartanti, R. D. 2016. Exercise Intradialisis Meningkatkan Nilai URR Pasien Gagal Ginjal Kronik Dengan Hemodialisis. *The 3 Rd Universty Research Colloquium.* 533-541. ISSN 2407-9189.

Hendriks FK, Smeets JSJ, van der Sande FM, Kooman JP, van Loon LJC (2019) Dietary protein and physical activity interven tions to support muscle maintenance in end-stage renal disease patients on hemodialysis. Nutrients 11:2972. https:// doi. org/ 10. 3390/nu11122972

Hong, WP, Lee YJ. 2019. The association of dialysis adequacy, body mass index, and mortality among hemodialysis patients. *BMC Nephrol*. 22;20(1):382. doi: 10.1186/s12882-019-1570-0. PMID: 31640580; PMCID: PMC6805311.

Indonesian Renal Registry (IRR). 2018. 11th Report of Indonesian Renal Registry. Jakarta: Perhimpunan Nefrologi Indonesia.

Indonesian Renal Registry (IRR). 2023. 13th report of Indonesian Renal Registry 2020. Jakarta: Perhimpunan Nefrologi Indonesia.

Kementerian Kesehatan Republik Indonesia (Kemenkes RI). 2018. Laporan Nasional Riset Kesehatan Dasar. Kementerian Kesehatan RI.

Kidney Disease: Improving Global Outcomes (KDIGO) CKD Work Group. 2012. KDIGO 2012 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease. *Kidney Int Suppl*.1-150

Kidney Disease: Improving Global Outcomes (KDIGO) CKD Work Group. 2017. KDIGO 2017 Clinical Practice Guideline Update for the Diagnosis, Evaluation, Prevention, and Treatment of Chronic Kidney Disease Mineral and Bone Disorder (CKD-MBD). *Kidney Int Suppl*.Vol 7.

Kim, S., Park, HJ., Yang, DH. 2022. An intradialytic aerobic exercise program ameliorates frailty and improves dialysis adequacy and quality of life among hemodialysis patients: a randomized controlled trial. *Kidney Res Clin Pract*.

Jul;41(4):462-472. doi: 10.23876/j.krcp.21.284. Epub 2022 Mar 31. PMID: 35354243; PMCID: PMC9346393.

Kirkman, D. L., Roberts, L. D., Kelm, M., Wagner, J., Jibani, M. M., & Macdonald, J. H. (2013). Interaction between intradialytic exercise and hemodialysis adequacy. *American journal of nephrology*, *38*(6), 475–482. https://doi.org/10.1159/000356340

Kirkman DL, Scott M, Kidd J, Macdonald JH (2019) The effects of intradialytic exercise on hemodialysis adequacy: a systematic review. Semin Dial. https://doi.org/10.1111/sdi.12785 48. Abdelaal AA, Abdulaziz EM (2019) Effect of exercise ther

Kittiskulnam, Piyawan & Eiam-Ong, Somchai. 2018. Body Composition and Its Clinical Outcome in Maintenance Hemodialysis Patients. *intechopen*. http://dx.doi.org/10.5772/intechopen.70353

Kong, C. H., Tattersall, J. E., Greenwood, R. N., Farrington, K. 1999. The effect of exercise during haemodialysis on solute removal. *Nephrology Dialysis Transplantation*, *14*, 2927–2931.

Kyle UG, Bosaeus I, De Lorenzo AD, Deurenberg P, Elia M, Gomez JM, *et al*., 2004. Bioelectrical impedance analysis Part I: Review of principles and methods.*ClinicalNutrition*;**23**(5):12261243.DOI:10.1016/j.clnu.2004.06.004

Lambert K, Lightfoot CJ, Jegatheesan DK, Gabrys I, Bennett PN (2022) Physical activity and exercise recommendations for people receiving dialysis: A scoping review. PLoS ONE 17(4): e0267290. https://doi.org/10.1371/journal. pone.0267290

Landis JR, Koch GG. The measurement of observer agreement for categorical data. Biometrics. 1977;33:159–74

Liguori, G., Feito, Y., Fountaine, C., Roy, BA., 2021. American College of Sports Medicine's guidelines for exercise testing and prescription Eleventh edition, Philadelphia: Wolters Kluwer, ISBN 9781975150211 (epub)

Mackenzie, T. A., Zawada, E. T., & Stacy, W. K. 1985. Hemodialysis. *Postgraduate Medicine*, 77(1), 95–104.

Mahrova, A., & Svagrova, K. 2013. Exercise Therapy Additional Tool for Managing Physical and Psycological Problems on Hemodialysis. In: Hiromichi Suzuki (Ed.): *Hemodialysis*, pp.753–821, INTECH. https://doi.org/http://dx.doi.org/10 .5772/53058

Malini, H., Forwaty, E., Cleary, M., Visentin, D., Oktarina, E., & Lenggogeni, D. P. 2022. The Effect of Intradialytic Range of Motion Exercise on Dialysis Adequacy and Fatigue in Hemodialysis Patients. *The journal of nursing research: JNR*, *30*(4), e221. https://doi.org/10.1097/jnr.0000000000000506

March, D. S., Wilkinson, T. J., Burnell, T., Billany, R. E., Jackson, K., Baker, L. A., *et al*. (2022). The effect of non-pharmacological and pharmacological interventions on measures associated with sarcopenia in end-stage kidney disease: A systematic review and meta-analysis. Nutrients 14 (9), 1817. Available at. doi:10.3390/nu14091817

Margolis, L. M., Karl, J. P., Wilson, M. A., Coleman, J. L., Whitney, C. C., & Pasiakos, S. M. 2021. Serum Branched-Chain Amino Acid Metabolites

Increase in Males When Aerobic Exercise Is Initiated with Low Muscle Glycogen. *Metabolites*, *11*(12), 828.

Matsuzawa, R., Hoshi, K., Yoneki, K., Harada, M., Watanabe, T., Shimoda, T., Yamamoto, S., & Matsunaga, A. (2017). Exercise training in elderly people undergoing hemodialysis: A systematic review and meta-analysis. Kidney International Reports, 2(6), 1096–1110.

Michou V, Davioti M, Syrakou N, Liakopoulos V, Deligiannis A, Kouidi E. 2023. Effects of a Combined Intradialytic Exercise Training Program on Functional Capacity and Body Composition in Kidney Transplant Candidates. *J Funct Morphol Kinesiol*. 11;8(1):9. doi: 10.3390/jfmk8010009. PMID: 36648901; PMCID: PMC9844356.

Mohseni R, Emami Zeydi A, Ilali E, Adib-Hajbaghery M, Makhlough A. The effect of intradialytic aerobic exercise on dialysis efficacy in hemodialysis patients: a randomized controlled trial. *Oman Med J*. 2013 Sep;28(5):345-9. doi: 10.5001/omj.2013.99. PMID: 24044062; PMCID: PMC3769128.

Msaad, R., Essadik, R., Mohtadi, K., Meftah, H., Lebrazi, H., Taki, H., *et al.*, 2019. Predictors of mortality in hemodialysis patients. *Pan African Medical Journal*, *33*, 1–14. https://doi.org/10.11604/pamj.2019.33.61.18083\

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). 2018. Hemodialysis. [online] National Institute of Diabetes and Digestive and Kidney Diseases. Available at: https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/hemodialysis

National Kidney Foundation (NKF). 2015. Clinical Practice Guideline for Hemodialysis Adequacy: 2015 Update. *American Journal of Kidney Diseases*, *66*(5). https://doi.org/10.1053/j.ajkd.2015.07.015

NEFRO TV (2023a): Latihan Aerobik Intradialisis (Khusus Untuk Pasien Gagal Ginjal Yang Menjalani Hemodialisis), [YouTube]. Diakses dari: https://youtu.be/plGRvKWcKi8?si=aQ7gNBgyqgKpuNJi

NEFRO TV (2023b): Kesan Pesan Pasien Hemodialisis yang Menjalani Latihan Aerobik Intradialisis, [YouTube]. Diakses dari: https://youtu.be/FJk9k4EJc-8?si=caxM_uhKwJaYLlnt

Painter, P. 2000. Exercise: A Guide for the People on Dialysis. *The Life Options Rehabilitation Advisory Council*. Vol 1. Medical Education Institute Inc. https://doi.org/10.1017/CBO9781 107415324.004

Parsons, T. L., Toffelmire, E. B., & KingVanVlack, C. E. 2006. Exercise Training During Hemodialysis Improves Dialysis Efficacy and Physical Performance. *Archives of Physical Medicine and Rehabilitation*, *87*(5), 680–687. https://doi.org/10.1016/j.apmr.2005.12.044

Pedoman Nasional Pelayanan Kedokteran (PNPK). 2017. Pedoman Nasional Pelayanan Kedokteran Tata Laksana Penyakit Ginjal Tahap Akhir. KEMENKES RI. Nomor HK.01.07/MENKES/642/2017

Perhimpunan Nefrologi Indonesia (PERNEFRI). 2003. Konsensus Dialisis. Jakarta: Perhimpunan Nefrologi Indonesia

Perhimpunan Nefrologi Indonesia (PERNEFRI). 2011. Konsensus dialisis. Jakarta: Perhimpunan Nefrologi Indonesia. Retrieved from https://www.pernefri.org/konsensus/Konsensus%20Dialisis.pdf

Pu J, Jiang Z, Wu W., Li, L., Zhang, L., Li, Y *et al.*, 2019. Efficacy and safety of intradialytic exercise in haemodialysis patients: a systematic review and meta-analysis. BMJ Open 2019;9:e020633. doi:10.1136/ bmjopen-2017-020633.

Pupim LB, Kent P, Caglar K, Shyr Y, Hakim RM, Ikizler TA. 2002. Improvement in nutritional parameters after initiation of chronic hemodialysis. *American Journal of Kidney Diseases*;40(1):143-151. DOI: 10.1053/ajkd.2002.33923

Raiesifar, A., Torabpour, M.,Mohsenizad, P., Shabani, H.,Tayebi, A., & Masoumi, M.2009. Dialysis adequacy inpatients of Abadan hemodialysis center. *Iranian Journal of CriticalCare Nursing Fall Issue*, *2*.

Rezapour S, Yarmohammadi A, Tavakkoli M. 2017. One-year survival rate of renal transplant: factors influencing the outcome. *Transplant Research and Risk Management*;9:49-56 https://doi.org/10.2147/TRRM.S150080.

Riebe, D., Ehrman, J. K., Liguori, G., & Magal, M. 2018. Guidelines for Exercise Testing and Prescription. In: D. Riebe, J. K. Ehrman, G. Liguori, & M. Magal (eds.); Philadelphia: Wolters Kluwer. ISBN 1-4963-3906-1.

Reboredo, M.deM., Pinheiro, B.doV., Neder, J. A., Ávila, M. P., Araujo E Ribeiro, M. L., de Mendonça, A. F., de Mello, M. V., Bainha, A. C., Dondici Filho, J., & de Paula, R. B. (2010). Effects of aerobic training during hemodialysis on heart rate variability and left ventricular function in end-stage renal disease patients. *Jornal brasileiro de nefrologia*, *32*(4), 367–373.

Rodriguez-Ortiz, M dan Rodriguez M. 2020. Recent advances in understanding and managing secondary hyperparathyroidism in chronic kidney disease. *F1000Research*. 9:1077. DOI: 10.12688/f1000research.22636.1

Sahathevan S, Khor BH, Ng HM, Gafor AHA, Mat Daud ZA, Mafra D, *et al.*, 2020. Understanding Development of Malnutrition in Hemodialysis Patients: A Narrative Review. *Nutrients*. 15;12(10):3147. doi: 10.3390/nu12103147. PMID: 33076282; PMCID: PMC7602515.

Sancassiani, F., Machado, S., & Preti, A. (2018). Physical Activity, Exercise and Sport Programs as Effective Therapeutic Tools in Psychosocial Rehabilitation. *Clinical practice and epidemiology in mental health : CP & EMH*, *14*, 6–10. https://doi.org/10.2174/1745017901814010006

Shahdadi H, Balouchi A, Sepehri Z, Rafiemanesh H, Magbri A, Keikhaie F, *et al.*, 2016. Factors Affecting Hemodialysis Adequacy in Cohort of Iranian Patient with End Stage Renal Disease. *Glob J Health Sci*. 1;8(8):55781. doi: 10.5539/gjhs.v8n8p50. PMID: 27045416; PMCID: PMC5016363.

Shariati AR, Asayesh H, Nasiri H, Tajbakhsh R, Hesam M, Mollaee E,*et al.*, 2012. Comparison of dialysis adequacy in patient's that referred to Golestan province hemodialysis centers. *Journal of Health Promotion Management*, *1*(3), 55–63. http://jhpm.ir/article1-82-en.html

Sheng, K., Zhang, P., Chen, L., Cheng, J., Wu, C.,& Chen, J. 2014. Intradialytic exercise in hemodialysis patients: A systematic review and me-ta-analysis. *American Journal of Nephrology*, *40*(5), 478–490. https://doi.org/10.1159/000368722

Smart, N., McFarlane, J., & Cornelissen, V. 2013. The Effect of Exercise Therapy on Physical Function, Biochemistry and Dialysis Adequacy in

Haemodialysis Patients: A Systematic Review and Meta-Analysis. *Open Journal of Nephrology, 3*(1), 25–36. https://doi.org/10.4236/oj-neph.2013.31005

Sugiyono. 2017. Metode penelitian kuantitatif, kualitatif, dan R&D. Bandung: CV Alfabeta

Tentori, F,.(2008). Focus on : physical exercise in hemodialysis patients. Jnephrol, 21, 808-812.

Torres, E.; Aragoncillo, I.; Moreno, J.; Vega, A.; Abad, S.; García-Prieto, A.; Macias, N.; Hernandez, A.; Godino, M.T.; Luño, J. Exercise training during hemodialysis sessions: Physical and biochemical benefits. Ther. Apher. Dial. 2020, 24, 648–654.

Utomo, E.K. dan Rochmawati, E. 2018. Pengaruh Exercise Intradialytic terhadap Nilai Adekuasi Hemodialisis: Literature Review. *Jurnal Keperawatan Muhammadiyah*. 3(2)

Vogiatzaki E, Michou V, Liakopoulos V, Roumeliotis A, Roumeliotis S, Kouidi E,*et al.,* 2022. The effect of a 6-month intradialytic exercise program on hemodialysis adequacy and body composition: a randomized controlled trial. *Int Urol Nephrol*. Nov;54(11):2983-2993. doi: 10.1007/s11255-022-03238-w. Epub 2022 May 23. PMID: 35604581.

Webster, A., Nagler, E., Morton, R. and Masson, P., 2017. Chronic Kidney Disease. *The Lancet*, 389(10075), pp.1238-1252. DOI: 10.1016/S0140-6736(16)32064-5

Wilund, K. R., Viana, J. L., and Perez, L. M. (2020). A critical review of exercise training in hemodialysis patients: Personalized activity prescriptions are needed. Exerc. Sport Sci. Rev. 48 (1), 28–39. Available at. doi:10.1249/JES.0000000000000209

Wüst, R. C., McDonald, J. R., Sun, Y., Ferguson, B. S., Rogatzki, M. J., Spires, J., Kowalchuk, J. M., Gladden, L. B., & Rossiter, H. B. 2014. Slowed muscle oxygen uptake kinetics with raised metabolism are not dependent on blood flow or recruitment dynamics. *The Journal of physiology*, *592*(8), 1857–1871. https://doi.org/10.1113/jphysiol.2013.267476

Yohan, S., Fatimah, M., Yushila, M. Hubungan komposisi tubuh dengan kulaitas hidup pada penderita penyakit ginjal stadium akhir yang menjalani hemodialisis. *Journal of Nutrition and Health*. 2020. 8 (1): 27-41