

## INTISARI

**Latar Belakang:** Penyakit Ginjal Kronis (PGK) merupakan masalah kesehatan global dengan prevalensi tinggi, yang sering memerlukan terapi hemodialisis untuk pasien tahap akhir. Malnutrisi menjadi tantangan utama dalam perawatan pasien hemodialisis, dengan faktor-faktor seperti inflamasi kronis dan asidosis metabolik. Latihan aerobik intradialisis ditengarai berpotensi meningkatkan status nutrisi pasien berdasarkan *Malnutrition-Inflammation Score* (MIS).

**Tujuan:** Mengetahui pengaruh latihan aerobik intradialisis terhadap status nutrisi pasien hemodialisis di RSUP Dr. Sardjito Yogyakarta.

**Metode:** Jenis penelitian adalah penelitian kuantitatif menggunakan metode *quasi experimental* dengan rancangan *pretest-posttest with control group* pada pasien PGTA yang menjalani hemodialisis. Subjek terdiri dari pasien hemodialisis di RSUP Dr. Sardjito, yang dikelompokkan menjadi kelompok intervensi (diberikan latihan aerobik intradialisis) dan kontrol (tanpa perlakuan). Total subjek keseluruhan adalah 52 dengan 26 subjek di masing-masing kelompok. Intervensi dilakukan sebanyak 2 kali perminggu pada sesi hemodialisis selama 12 minggu. Data status nutrisi diukur menggunakan instrumen MIS dan dianalisis menggunakan metode pengukuran data kategorikal di program SPSS.

**Hasil:** Tidak terdapat perbedaan signifikan pada status nutrisi sebelum dan sesudah latihan aerobik intradialisis ( $p\text{-value}=0,387$ ), baik pada kelompok intervensi maupun kontrol. Status nutrisi *baseline* pasien yang telah baik, tidak adanya *follow-up* setelah intervensi selesai dilakukan, dan durasi latihan aerobik intradialisis yang kurang lama ditengarai sebagai faktor-faktor dari tidak signifikkannya hasil penelitian ini.

**Kesimpulan:** Latihan aerobik intradialisis tidak memperbaiki *Malnutrition-Inflammation Score* (MIS) pasien hemodialisis rutin di RSUP Dr. Sardjito Yogyakarta.

**Kata Kunci:** Latihan aerobik intradialisis, *Malnutrition-Inflammation Score* (MIS), hemodialisis, malnutrisi, pasien ginjal kronis.

## ABSTRACT

**Background:** Chronic Kidney Disease (CKD) is a global health problem with high prevalence, which often requires hemodialysis therapy for end-stage patients. Malnutrition is a major challenge in the care of hemodialysis patients, with factors such as chronic inflammation and metabolic acidosis. Intradialysis aerobic exercise is suspected to have the potential to improve the nutritional status of patients based on the Malnutrition-Inflammation Score (MIS).

**Method:** This type of research is a quantitative study using a quasi-experimental method with a pretest-posttest with control group design in CKD patients undergoing hemodialysis. The subjects consisted of hemodialysis patients at Dr. Sardjito Hospital, who were grouped into intervention groups (given intradialysis aerobic exercise) and controls (no treatment). The total number of subjects was 52 with 26 subjects in each group. The intervention was carried out twice a week during hemodialysis sessions for 12 weeks. Nutritional status data were measured using the MIS instrument and analyzed using the categorical data measurement method in the SPSS program.

**Objective:** To determine the effect of intradialysis aerobic exercise on the nutritional status of hemodialysis patients at Dr. Sardjito General Hospital, Yogyakarta.

**Results:** There was no significant difference in nutritional status before and after intradialysis aerobic exercise ( $p\text{-value}=0,387$ ), both in the intervention and control groups. The good baseline nutritional status of the patients, the lack of follow-up after the intervention was completed, and the short duration of intradialysis aerobic exercise were suspected as factors in the insignificant results of this study.

**Conclusion:** Intradialysis aerobic exercise does not improve the Malnutrition-Inflammation Score (MIS) of routine hemodialysis patients at Dr. Sardjito General Hospital, Yogyakarta.

**Keywords:** Intradialysis aerobic exercise, Malnutrition-Inflammation Score (MIS), hemodialysis, malnutrition, chronic kidney patients.