

INTISARI

Latar Belakang: Meski pasien yang menjalani hemodialisis dapat memperpanjang harapan hidupnya, namun mereka juga memiliki beban saat perawatan. Beban yang ada pada pasien hemodialisis disebut dengan *symptom burden*. *Symptom burden* meliputi gejala fisik dan psikis yang dirasakan oleh pasien. *Symptom burden* dipengaruhi oleh data demografi dan data klinis pasien. *Symptom burden* yang tinggi dapat berpengaruh pada morbiditas dan mortalitas seseorang serta memainkan peran sentral terhadap manajemen klinis seseorang. Belum banyak penelitian di bidang keperawatan yang membahas mengenai *symptom burden* yang ada di Indonesia.

Tujuan penelitian: Mengidentifikasi gambaran *symptom burden* berdasarkan karakteristik demografi dan karakteristik klinis pada pasien hemodialisis di RSPAU Hardjolukito Yogyakarta.

Metode: Jenis penelitian ini adalah deskriptif dengan pendekatan kuantitatif dan rancangan *cross-sectional*. Pengambilan data menggunakan kuesioner *The Dialysis Symptom Index* versi Bahasa Indonesia. Pengambilan data dilakukan pada bulan Maret 2020. Populasi penelitian adalah pasien hemodialisis yang ada di Unit Hemodialisis RSPAU Hardjolukito Yogyakarta dengan sampel sebanyak 72 responden.

Hasil: *Symptom burden* terbanyak dialami oleh responden adalah mudah terbangun (66,7%). *Symptom burden* fisik terbanyak yang dirasakan responden adalah merasa lelah (61,1%), diikuti oleh gatal (58,3%) dan kulit kering (51,4%). *Symptom burden* psikis yang terbanyak dirasakan selain mudah terbangun adalah hasrat seks menurun (61,1%) dan sulit tidur (58,3%). *Symptom burden* yang paling parah dirasakan oleh responden adalah sulit terangsang secara seksual ($3,22 \pm 1,271$), konstipasi ($3,18 \pm 1,286$), dan hasrat seks menurun ($3,05 \pm 1,346$). Terdapat perbedaan skor rerata yang signifikan antara skor *dialysis symptom burden* dengan karakteristik adekuasi terapi.

Kesimpulan: Rata-rata pasien mengalami 10 gejala dengan rata-rata skor *dialysis symptom burden* sebesar 26. Hasil ini menunjukkan jika responden penelitian tidak banyak mengalami gejala, serta gejala yang dirasakan bersifat ringan, dibuktikan dengan skor *dialysis symptom burden* yang rendah.

Kata kunci: hemodialisis, *symptom burden*, gejala

ABSTRACT

Background: Even though this therapy can extend patient's life expectancy, the patient need to bear the burden that comes with it. This burden on hemodialysis patient is called *symptom burden*. *Symptom burden* includes physical and psychological symptoms the patient experienced. *Symptom burden* affected by demographic and clinical data. High scores of *symptom burden* affect patient's morbidity and mortality, and have a central role on patient's clinical management. There have not been many studies in the nursing that discuss about symptom burden in Indonesia.

Objective: To identified *symptom burden* based on demographic and clinical characteristis of hemodialysis patients in RSPAU Hardjolukito Yogyakarta with 72 respondents as samples.

Method: This was a descriptive research with quantitative approach and cross-sectional research design. The data was collected through the Indonesian version of *The Dialysis Symptom Index* questionnaire. The data was collected in March 2020. The research population was hemodialysis patients at Hemodialysis Unit in RSPAU Hardjolukito Yogyakarta with 72 samples.

Result: The most *symptom burden* experienced by patients was trouble staying asleep (66.7%). The most physical *symptom burden* felt by patients was fatigue (61.1%), followed by itchiness (58.3%) and dry skin (51.4%). The most mental *symptom burden* felt by patients aside from trouble staying asleep was decreased interest at sex (61.1%) and trouble falling asleep (58.3%). The most severe *symptom burden* the patients experienced were difficulty in being sexually aroused (3.22 ± 1.271), constipation (3.18 ± 1.286), and decreased interest at sex (3.05 ± 1.346). There was a significant difference in the average score between the *dialysis symptom burden* score and the characteristic of hemodialysis adequacy.

Conclusion: On average, patients experienced 10 symptoms with *dialysis symptom burden* average score of 26. This finding showed that the research respondents did not feel many symptoms and the symptoms were mild, proven with the low score of *dialysis symptom burden*.

Keywords: Hemodialysis, *Symptom burden*, Symptom