

Hubungan Tingkat Nafsu Makan dengan Asupan Energi Protein dan Status Gizi pada Pasien Penyakit Ginjal Kronik dengan Hemodialisis Rutin di RSUD Sleman

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INTISARI

Latar Belakang: Pasien PGK yang menjalani hemodialisis rentan mengalami penurunan nafsu makan. Penurunan nafsu makan adalah salah satu faktor yang dapat menyebabkan rendahnya asupan energi protein dan terjadinya malnutrisi yang berujung pada kualitas hidup pasien yang menurun.

Tujuan: Mengetahui hubungan tingkat nafsu makan dengan asupan energi protein dan status gizi berdasarkan *dialysis malnutrition score* (DMS) pada pasien PGK dengan hemodialisis rutin di RSUD Sleman.

Metode: Penelitian ini adalah penelitian observasional dengan rancangan *cross sectional* yang dilaksanakan pada bulan Februari 2021. Subjek penelitian adalah pasien PGK dengan hemodialisis rutin di RSUD Sleman sebanyak 86 responden yang telah memenuhi kriteria inklusi dan eksklusi. Data yang dikumpulkan adalah tingkat nafsu makan menggunakan *Simplified Nutritional Appetite Questionnaire* (SNAQ), asupan energi dan protein menggunakan *food recall* 3 hari, *dialysis malnutrition score* (DMS), komorbiditas, jenis kelamin, usia, dan lama hemodialisis. Analisis statistik hubungan tingkat nafsu makan dengan asupan energi protein dan status gizi menggunakan uji korelasi *Spearman*.

Hasil: Sebanyak 64% responden memiliki tingkat nafsu makan yang rendah; 94,2% responden memiliki asupan energi kurang; 90,7% responden memiliki asupan protein kurang; 53,5% responden mengalami malnutrisi. Terdapat hubungan signifikan antara tingkat nafsu makan dengan asupan energi ($p=0,002$) dan asupan protein ($p<0,001$), sedangkan tidak signifikan dengan status gizi ($p=0,25$).

Kesimpulan: Terdapat hubungan signifikan antara tingkat nafsu makan dengan asupan energi dan protein, tetapi tidak terdapat hubungan signifikan dengan status gizi berdasarkan DMS.

Kata Kunci: Hemodialisis, penyakit ginjal kronik (PGK), asupan energi protein, status gizi, *dialysis malnutrition score* (DMS)

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Relationship between Appetite with Energy Protein Intake and Nutritional Status in Chronic Kidney Disease Patients Undergoing Maintenance Hemodialysis at RSUD Sleman

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ABSTRACT

Background: Chronic kidney disease patients undergoing hemodialysis are susceptible to have poor appetite. Poor appetite is one of the contributing factors that can lead to low energy protein intake and the occurrence of malnutrition which can leads to a poor quality of life for the patients.

Objective: To determine the relationship between appetite with energy protein intake and nutritional status based on dialysis malnutrition score (DMS) in CKD patients undergoing maintenance hemodialysis at RSUD Sleman.

Methods: This study was an observational study with a cross sectional study design that was conducted in February 2021. The subjects of the study were CKD patients undergoing maintenance hemodialysis at RSUD Sleman that have been sorted to meet the inclusion and exclusion criterias. The data of appetite using the *Simplified Nutritional Appetite Questionnaire* (SNAQ), energy and protein intake using the 3-day food recall, dialysis malnutrition score (DMS), comorbidities, gender, age, and dialysis vintage were collected. Statistical analysis of the relationship between appetite with energy protein intake and nutritional status was performed using Spearman correlation test.

Results: As many as 64% respondents had poor appetite; 94,2% respondents had low energy intake; 90,7% respondents had low protein intake; 53,5% respondents were malnourished. There was a significant relationship between appetite with energy intake ($p=0,002$) and protein intake ($p<0,001$), while it was not significant with nutritional status ($p=0,25$).

Conclusion: There were significant relationships between appetite and energy protein intake. There was no significant relationship between appetite and nutritional status based on DMS.

Keyword: Hemodialysis, chronic kidney disease (CKD), energy protein intake, dialysis malnutrition score (DMS)

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