

Hubungan antara Status Gizi dengan Tingkat Kelelahan pada Pasien Hemodialisis Rutin di RSUD Sleman

Mashita Inayah Rahmaniyah¹, Susetyowati², I Dewa Putu Pramantara³

INTISARI

Latar Belakang: Pasien hemodialisis rentan mengalami kelelahan yang dapat berakibat pada penurunan kualitas hidup. Kondisi kelelahan disebabkan karena berbagai faktor seperti malnutrisi, efek pengobatan, faktor fisiologis, psikologis, dan demografi.

Tujuan: Mengetahui hubungan antara status gizi dengan tingkat kelelahan pada pasien hemodialisis rutin di RSUD Sleman.

Metode: Penelitian ini menggunakan metode observasional dengan desain *cross-sectional*. Sebanyak 79 pasien hemodialisis di unit Hemodialisis RSUD Sleman terlibat dalam penelitian yang dilakukan selama 3 minggu ini. Data karakteristik, status gizi, dan tingkat kelelahan diukur pada waktu yang bersamaan. Analisis hubungan status gizi dan tingkat kelelahan menggunakan *chi square* ($p < 0,05$).

Hasil: Terdapat hubungan yang bermakna antara status gizi berdasarkan *handgrip strength* (HGS) dengan tingkat kelelahan ($p < 0,05$). Subjek dengan status gizi malnutrisi berdasarkan HGS berisiko 3,1 kali lebih tinggi mengalami kelelahan yang berat dibandingkan subjek dengan status gizi baik. Tidak terdapat hubungan yang bermakna antara status gizi berdasarkan indeks massa tubuh dan lingkaran lengan atas dengan tingkat kelelahan ($p > 0,05$).

Kesimpulan: Terdapat hubungan yang bermakna antara status gizi berdasarkan HGS dengan tingkat kelelahan pasien hemodialisis di RSUD Sleman. Tidak terdapat hubungan yang bermakna antara status gizi berdasarkan IMT dan LLA dengan tingkat kelelahan.

Kata Kunci: Status gizi, indeks massa tubuh, lingkaran lengan atas, kekuatan genggam tangan, kelelahan, pasien hemodialisis

¹Mahasiswa Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

²Dosen Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

³Dosen Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

Relationship between Nutritional Status with Level of Fatigue in Patients Undergoing Maintenance Hemodialysis at RSUD Sleman

Mashita Inayah Rahmaniyah¹, Susetyowati², I Dewa Putu Pramantara³

ABSTRACT

Background: Hemodialysis patients are vulnerable to fatigue that can decrease quality of life. Fatigue in hemodialysis patients can be caused by malnutrition, physiological, therapeutical effect, psychological, and sociodemographic factors.

Objective: To determine the relationship between nutritional status with level of fatigue in patients undergoing maintenance hemodialysis at RSUD Sleman.

Methods: This study was an observational with cross sectional design. There are 79 hemodialysis patients who involved in this 3 weeks study. Data of characteristics, nutritional status, and level of fatigue were observed at the same time. Analysis of the relationship between nutritional status and level of fatigue using chi square ($p < 0,05$).

Results: There was significant relationship between nutritional status based on handgrip strength with level of fatigue. Subjects with malnutrition based on handgrip strength were 3,1 times more likely to experience severe fatigue compared to subject with good nutritional status. There were no significant relationship between nutritional status based on body mass index and mid arm circumference with level of fatigue.

Conclusion: There was significant relationship between nutritional status based on handgrip strength with level of fatigue in patients undergoing maintenance hemodialysis at RSUD Sleman. There were no significant relationship between nutritional status based on body mass index and mid arm circumference with level of fatigue in patients undergoing maintenance hemodialysis at RSUD Sleman.

Keywords: Nutritional status, body mass index, mid arm circumference, handgrip strength, fatigue, hemodialysis patients

¹Undergraduate Student of Nutrition and Health Department, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada

²Lecturer of Nutrition and Health Department, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada

³Lecturer of Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada