

Hubungan Asupan Energi dan Protein Serta Proporsi Protein Hewani-Nabati terhadap Kadar Albumin Pasien Penyakit Ginjal Kronik yang Menjalani Hemodialisis di RSUP Dr. Sardjito

INTISARI

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Latar Belakang : Status gizi kurang pada pasien penyakit ginjal kronik (PGK) dengan terapi hemodialisis (HD) rutin sering terjadi. Disamping efek metabolik dari terapi dan penyakit itu sendiri, ketidakpatuhan dalam menjalani diet memperparah penurunan status gizi pasien. Akibatnya banyak dari mereka belum memenuhi kebutuhan asupan baik dari jumlah maupun jenisnya.

Tujuan : Untuk mengetahui hubungan asupan energi dan protein serta proporsi protein hewani-nabati terhadap kadar albumin pasien PGK yang menjalani HD di RSUP Dr. Sardjito

Metode : Penelitian ini adalah penelitian analitik dengan rancangan penelitian *cross-sectional* dengan pendekatan kuantitatif. Pengambilan data dilakukan pada bulan akhir bulan September hingga awal Oktober 2014. Dengan menggunakan metode *purposive sampling* sebanyak 84 subjek dengan PGK yang menjalani 4-5 jam HD rutin sebanyak 2 kali seminggu selama minimal 2 bulan didapatkan. Asupan makan direkam oleh subjek menggunakan alat 3 hari-*Food Record*, sementara kadar albumin didapatkan dari pemeriksaan laboratorium. Uji statistik untuk menganalisis hubungan adalah komparatif.

Hasil : Dari penelitian ini diketahui bahwa lebih dari separuh jumlah subjek penelitian sudah memenuhi kebutuhan energinya. Namun kurang dari separuh jumlah mereka yang memenuhi kebutuhan protein sendiri, dimana mayoritas sudah menerapkan proporsi hewani-nabati yang baik. Status gizi berdasarkan kadar albumin menunjukkan 63% dari subjek penelitian berstatus baik. Hal ini memperjelas bahwa kadar albumin memiliki hubungan yang bermakna dengan asupan energi dan protein ($p < 0,05$), namun tidak dengan proporsi protein hewani-nabati ($p > 0,05$). Meski demikian, kombinasi antara asupan dan proporsi protein menunjukkan hubungan bermakna dengan kadar albumin. Terdapat perbedaan albumin yang signifikan pada beberapa kelompok.

Kesimpulan : Ada hubungan yang bermakna antara kadar albumin dengan asupan energi, asupan protein, juga kombinasi asupan dan proporsi protein. Sedang proporsi hewani-nabati protein itu sendiri tidak memiliki hubungan yang bermakna dengan kadar albumin pasien penyakit ginjal kronik dengan hemodialisis di RSUP Dr. Sardjito.

Kata Kunci : Asupan energi, asupan protein, proporsi protein hewani-nabati, kadar albumin, penyakit ginjal kronik, hemodialisis

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Relations of Energy-Protein Intake and Animal-Plant Protein Proportion to Albumin Levels in Patients with Chronic Kidney Disease Undergoing Haemodialysis of Dr. Sardjito Hospital

ABSTRACT

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Background : Malnutrition state is a common among patients with Chronic Kidney Disease (CKD) undergoing maintenance Haemodialysis (HD) therapy. Beside the metabolic effects of therapy and disease themselves, waywardness is another aspect that aggravates nutrition state in patients. Most of them haven't met their nutrition needs yet, either the amount or the type of food.

Objectives : to know relations of energy intake, protein intake, and animal-plant protein proportion intake to albumin levels in patients with chronic kidney disease undergoing haemodialysis in Dr. Sardjito Hospital

Methods : This study is an analytic research with cross-sectional design and quantity approach. All the data were collected between late September and early October 2014. Purposive sampling method applied in research subject enrollment, 84 subjects with CKD under 405 hours maintenance HD therapy twice a week for at least 2 month long. Food intakes are recorded by subjects using 3 Days-Food Record, while albumin levels are collected with laboratorial examination. Statistical test used to analyze relations in this study is comparatives.

Results : More than half of research subjects have fulfilled their energy need. But only less of them have fulfilled their protein need, where most of them have applied the right proportion of animal-plant protein. Nutrition state based on albumin level shows 63% of research subjects are normal. This fact explains that there are significant relations of albumin level to both energy and protein intake ($p < 0,05$), but not to animal-plant protein proportion ($p > 0,05$). However, combination between amount of protein and type of protein proportion intake showed a significant albumin level. There are significant differences of albumin levels in several groups.

Conclusions : There are significant relations between albumin levels with energy intake, protein intake, as well as combination of intake and the proportion of protein. But the animal-plant protein proportion itself doesn't have a significant relation with albumin level in patients with CKD under HD therapy in Dr. Sardjito Hospital.

Keywords : Energy intake, protein intake, animal-plant protein proportion, albumin level, chronic kidney disease, haemodialysis

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