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HUBUNGAN LAMA MENJALANI HEMODIALISIS DENGAN STATUS GIZI DAN KUALITAS HIDUP PASIEN PENYAKIT GINJAL KRONIK (PGK) DI RSUD ULIN BANJARMASIN

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Penyakit ginjal kronik (PGK) adalah kerusakan ginjal selama tiga bulan atau lebih akibat abnormalitas struktur atau fungsi ginjal, dengan atau tanpa penurunan laju filtrasi glomerulus (LFG) atau kadar LFG kurang dari 60 mL/menit/1,73m² lebih dari tiga bulan dengan atau tanpa kerusakan ginjal. Terapi yang umum dilakukan pada penderita PGK stadium akhir adalah hemodialisis. Tujuan penelitian ini untuk mengetahui hubungan lama menjalani hemodialisis dengan status gizi dan kualitas hidup pada pasien penyakit ginjal kronik di instalasi hemodialisis RSUD Ulin Banjarmasin Provinsi Kalimantan Selatan. Metode penelitian menggunakan analitik korelatif dan observasional dengan pendekatan *cross sectional*. Populasi adalah pasien penyakit ginjal kronik (PGK) yang melakukan hemodialisis di RSUD Ulin Banjarmasin Provinsi Kalimantan Selatan sebanyak 161 orang dengan teknik pengambilan sampel secara *consecutive sampling* sebanyak 30 orang. Instrumen penelitian kuesioner KDQOL-SF™ 1.3 dan Timbangan mikrotis. Teknik analisis data dengan uji *Chi Square*. Dari hasil penelitian ini mayoritas status gizi pasien kurang sebanyak 20 responden (80%), kualitas hidup buruk sebanyak 16 responden (69,6%) dan baru menjalani hemodialisis sebanyak 23 responden (74,2%). Tidak terdapat hubungan antara lama hemodialisis dengan status gizi pasien ($p=0,095$) dan tidak terdapat hubungan antara lama hemodialisis dengan kualitas hidup pasien penyakit ginjal kronik yang menjalani terapi hemodialisis di RSUD Ulin Banjarmasin ($p=1,648$). Saran dari penelitian ini walaupun tidak terdapat hubungan antara lama hemodialisis dengan status gizi dan kualitas hidup pasien penyakit ginjal kronik yang menjalani terapi hemodialisis di RSUD Ulin Banjarmasin diharapkan pasien dapat selalu menjalani terapi hemodialisis dengan suasana hati yang menyenangkan dan bersemangat sehingga status gizi dan kualitas hidup pasien tetap terjaga dengan baik.

Kata Kunci: status gizi, kualitas hidup, hemodialisis

ABSTRACT

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RELATIONSHIP OF LONG WITH HEMODIALYSIS WITH NUTRITIONAL STATUS AND QUALITY OF LIFE OF CHRONIC KIDNEY DISEASE (CKD) PATIENTS AT ULIN HOSPITAL, BANJARMASIN

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Chronic kidney disease (CKD) is kidney damage for three months or more due to structural or functional abnormalities of the kidney, with or without a decrease in the glomerular filtration rate (GFR) or a GFR level of less than 60 mL/min/1.73m² for more than three months with or without kidney damage. The most common therapy for patients with end-stage CKD is hemodialysis. The purpose of this study was to determine the relationship between length of time undergoing hemodialysis with nutritional status and quality of life in patients with chronic kidney disease at the hemodialysis installation of Ulin Hospital. The research method uses correlative and observational analytic with a cross sectional approach. The population is patients with chronic kidney disease (CKD) who perform hemodialysis at Ulin Hospital Banjarmasin, South Kalimantan Province as many as 161 people with a consecutive sampling technique of 30 people. The research instrument was the KDQOL-SF™ 1.3 questionnaire and Microtois Scales. Data analysis technique with Chi Square test. From the results of this study, the majority of patients had poor nutritional status as many as 20 respondents (80%), poor quality of life as many as 16 respondents (69.6%) and had just undergone hemodialysis as many as 23 respondents (74.2%). There is no relationship between duration of hemodialysis and nutritional status of patient ($p=0.095$) and there is no relationship between duration of hemodialysis and quality of life of patients with chronic kidney disease undergoing hemodialysis therapy at Ulin Hospital Banjarmasin ($p=1.648$). Although there is no relationship between the length of hemodialysis with nutritional status and quality of life of chronic kidney disease patients undergoing hemodialysis therapy at Ulin Hospital Banjarmasin, it is hoped that patients can always undergo hemodialysis with a pleasant and enthusiastic mood so that nutritional status and quality of life of patients are maintained properly.