

ABSTRAK

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HUBUNGAN ASUPAN ENERGI, PROTEIN, NATRIUM DAN KALIUM DENGAN STATUS GIZI PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSUD PAMBALAH BATUNG

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Gagal Ginjal Kronik (GGK) adalah penurunan fungsi ginjal menahun mengarah pada kerusakan ginjal yang tidak reversibel dan progresif. GGK masih menjadi masalah global dan prevalensinya terus meningkat di berbagai negara. Asupan makan sangat berpengaruh pada pasien GGK dengan hemodialisis. Asupan energi dan protein berperan penting dalam menjaga ketahanan hidup pasien dan dapat menyebabkan malnutrisi apabila kekurangan. Asupan natrium berlebih dapat menyebabkan *edema* dan membebani sirkulasi darah dan kekurangan kalium dapat mengakibatkan hipokalemia dan menyebabkan pasien lemah, lesu dan kehilangan nafsu makan yang dapat berdampak pada asupan makan dan status gizi pasien. Penelitian ini bertujuan untuk menganalisis hubungan antara asupan energi, protein, natrium dan kalium dengan status gizi pada pasien GGK yang menjalani hemodialisis di RSUD Pambalah Batung Kabupaten Hulu Sungai Utara dengan 30 orang responden yang dipilih menggunakan metode *consecutive sampling*. Jenis penelitian yang digunakan adalah observasional analitik dengan rancangan *cross sectional*. Data asupan dikumpulkan menggunakan kuesioner *food record*, sedangkan data status gizi diambil berdasarkan *Subjective Global Assessment* (SGA). Data dianalisis menggunakan uji *rank spearman*. Hasil penelitian ini menunjukkan sebagian responden mengalami malnutrisi sebesar 30%, asupan energi sebesar 50%, protein sebesar 53,3%, natrium sebesar 60% dan kalium sebesar 66,7% yang masing-masing terkategori tidak adekuat. Hasil uji *rank spearman* menunjukkan bahwa asupan energi ($p=0,04$), protein ($p=0,009$), dan kalium ($p=0,01$) berhubungan dengan status gizi. Asupan natrium ($p=0,206$) tidak berhubungan dengan status gizi. Perlu dilakukan pemantauan status gizi secara berkala, edukasi gizi serta observasi kepatuhan diet pasien GGK yang menjalani hemodialisis untuk menanggulangi peningkatan status malnutrisi.

Kata Kunci: Energi, gagal ginjal kronik, kalium, natrium, protein, status gizi

ABSTRACT

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THE RELATION OF ENERGY, PROTEIN, SODIUM AND POTASSIUM INTAKES TO NUTRITIONAL STATUS OF CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT PAMBALAH BATUNG HOSPITAL

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Chronic kidney disease (CKD) is a chronic decline in kidney function leading to irreversible and progressive kidney damage. CKD remained to be a global issue and its prevalence has increased in many countries. Food intake is very influential in CKD patients on hemodialysis. Energy and protein intakes play an important role in maintaining the survival of CKD patients and can cause malnutrition if deficient. Excess sodium intake can cause edema and overload blood circulation and potassium deficiency can lead hypokalemia and cause patients to be weak, lethargic and lose their appetite which can have an impact on the patient's food intake and nutritional status. This study aimed to analyze the relation of energy, protein, sodium and potassium intakes to nutritional status of CKD patients undergoing hemodialysis at Pambalah Batung Hospital, North Hulu Sungai, with 30 samples who were selected by using consecutive sampling method. This research used analytical observational type with cross sectional design. The data of intake were collected by using food record questionnaire, while nutritional status was collected based on Subjective Global Assessment (SGA). The data were analyzed by using rank spearman test. The results of this study showed that some respondents who had malnutrition were 30%, energy intake were 50%, protein were 53,3%, sodium were 60% and potassium were 66,7%, each has inadequate category. The result of rank spearman test showed that energy intake ($p=0,04$), protein ($p=0,009$), and potassium ($p=0,01$) had correlation with nutritional status. Sodium intake ($p=0,206$) had no correlation with nutritional status ($p=0,206$). It is necessary to monitor nutritional status periodically, to give education about nutrition and to observe diet compliance on CKD patients undergoing hemodialysis to overcome the increase of malnutrition status.

Keywords: *Chronic kidney disease, energy, nutritional status, potassium, protein, sodium*