

ABSTRAK

DIAN

**HUBUNGAN LAMA HEMODIALISIS DENGAN NAFSU MAKAN DAN STATUS GIZI PADA PASIEN PENYAKIT GINJAL KRONIS (Studi Observasional pada Pasien Terapi Hemodialisis Dua Kali Seminggu di Unit Hemodialisa UPTDK RSUD dr. Soekardjo Kota Tasikmalaya Tahun 2023)**

Hemodialisis merupakan salah satu terapi pengganti fungsi ginjal bagi penderita Penyakit Ginjal Kronis (PGK). Prosedur dialisis mengakibatkan hilangnya zat gizi ke dalam dialisat, meningkatkan proses katabolisme dan mengakibatkan peningkatan asam lambung. Penelitian ini bertujuan untuk menganalisis hubungan antara lama hemodialisis dengan nafsu makan dan status gizi pada pasien PGK terapi hemodialisis dua kali seminggu di UPTDK RSUD dr. Soekardjo Kota Tasikmalaya tahun 2023. Metode penelitian ini merupakan analitik observasional dengan pendekatan *cross sectional*. Cara pengambilan sampel dilakukan dengan *consecutive* sampling yaitu sebanyak 69 orang pasien PGK yang menjalani hemodialisis. Pengumpulan data dilakukan dengan menggunakan kuesioner. Analisis data menggunakan uji *chi square*. Hasil penelitian menunjukkan sebagian besar responden (73,9%) sudah lama ( $\geq 24$  bulan) menjalani hemodialisis, sebagian besar responden (76,8%) mengalami nafsu makan kurang dan mayoritas responden (78,3%) mengalami gizi buruk. Hasil analisis statistik menunjukkan ada hubungan antara lama hemodialisis dengan nafsu makan ( $p=0,022$  dan  $OR=4,3; 95\% CI=1,298-14,240$ ) dan status gizi ( $p=0,000$  dan  $OR=11,5; 3,103-42,621$ ). Kesimpulan penelitian ini ada hubungan antara lama hemodialisis dengan nafsu makan dan status gizi. Pasien PGK diharapkan untuk menambah asupan makan yang seimbang dan keluarga senantiasa memberikan motivasi dan mengatur asupan makan pasien.

**Kata Kunci:** Lama Hemodialisis, Nafsu makan, Status Gizi

**ABSTRACT**

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**RELATIONSHIP BETWEEN LENGTH OF HEMODIALYSIS WITH  
APPETITE AND NUTRITIONAL STATUS IN CHRONIC KIDNEY DISEASE  
PATIENTS**

**(Observational Study on Hemodialysis Therapy Patients Twice a Week at the  
UPTDK Hemodialysis Unit of RSUD dr. Soekardjo City of Tasikmalaya in  
2023)**

*Hemodialysis is a replacement therapy for kidney function for patients with Chronic Kidney Disease (CKD). The dialysis procedure results in the loss of nutrients into the dialysate, increases the process of catabolism and results in an increase in stomach acid. This study aims to analyze the relationship between length of hemodialysis and appetite and nutritional status in CKD patients receiving hemodialysis therapy twice a week at UPTDK RSUD dr. Soekardjo City of Tasikmalaya in 2023. This research method is an observational analytic with a cross sectional approach. The sampling method was carried out by consecutive sampling, namely as many as 69 CKD patients undergoing hemodialysis. Data collection was carried out using a questionnaire. Data analysis used the chi square test. The results showed that most of the respondents (73.9%) had been undergoing hemodialysis for a long time ( $\geq 24$  months), most of the respondents (76.8%) had less appetite and the majority of respondents (78.3%) were malnourished. The results of statistical analysis showed that there was a relationship between length of hemodialysis with appetite ( $p = 0.022$  and  $OR = 4.3$ ;  $95\% CI = 1.298-14.240$ ) and nutritional status ( $p = 0.000$  and  $OR = 11.5$ ;  $3, 103-42.621$ ). The conclusion of this study is that there is a relationship between the length of hemodialysis with appetite and nutritional status. CKD patients are expected to increase their intake of a balanced diet and the family always motivates and regulates the patient's food intake.*

**Keyword:** Long of Hemodialysis, Appetite, Nutritional Status