

ABSTRAK

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HUBUNGAN ASUPAN PROTEIN DAN LAMA HEMODIALISIS DENGAN STATUS GIZI PADA PASIEN PENYAKIT GINJAL KRONIS YANG MENJALANI TERAPI HEMODIALISIS

Permasalahan yang umumnya terjadi pada penderita penyakit ginjal kronis dengan terapi hemodialisis adalah malnutrisi yang mengarah pada penurunan status gizi. Tujuan dari penelitian ini adalah menganalisis hubungan antara asupan protein dan lama hemodialisis dengan status gizi pada pasien penyakit ginjal kronis yang menjalani terapi hemodialisis rutin di RSUD dr.Slamet Garut. Penelitian ini adalah penelitian kuantitatif dengan metode penelitian analitik observasional dan menggunakan pendekatan *cross sectional*. Cara pengambilan subjek dilakukan dengan *consecutive sampling* dengan total sampling yaitu sebanyak 93 responden pasien penyakit ginjal kronis yang menjalani terapi hemodialisis rutin. Pengumpulan data dilakukan dengan wawancara pengisian kuesioner *food recall* 2x24 jam, kuesioner karakteristik responden dan formulir *dialysis malnutrition score* (DMS). Analisis data menggunakan uji *chi-square*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki asupan protein tidak adekuat yaitu sebanyak 75,3% , sebesar 69,9% responden telah menjalani terapi hemodialisis cukup lama yakni lebih dari dua tahun, sebanyak 77,4% responden mengalami malnutrisi. Hasil analisis statistik menunjukkan ada hubungan antara asupan protein dengan status gizi ($p=0,000$), ada hubungan antara lama hemodialisis dengan status gizi ($p=0,000$). Kesimpulan dari penelitian ini adalah ada hubungan antara asupan protein dan lama hemodialisis dengan status gizi. Diharapkan pasien penyakit ginjal kronis dapat mengatur diet tinggi protein dan menambah variasi serta jumlah makanan yang mengandung protein untuk dikonsumsi.

Kata Kunci: asupan protein, lama hemodialisis, status gizi.

ABSTRACT

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THE RELATIONSHIP BETWEEN PROTEIN INTAKE AND HEMODIALYSIS DURATION WITH NUTRITIONAL STATUS IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS THERAPY

Problems commonly encountered in patients with chronic kidney disease undergoing hemodialysis therapy are malnutrition leading to a decline in nutritional status. The purpose of this study was to analyze the relationship between protein intake and duration of hemodialysis with nutritional status in patients with chronic kidney disease undergoing routine hemodialysis therapy at Dr. Slamet Garut Regional General Hospital. This study is a quantitative study using an analytical observational research method and a cross-sectional approach. Subjects were selected using consecutive sampling, with a total of 93 respondents who were chronic kidney disease patients undergoing routine hemodialysis therapy. Data collection was conducted through interviews, a 2x24-hour food recall questionnaire, a questionnaire on respondent characteristics, and a dialysis malnutrition score (DMS) form. Data analysis was performed using the chi-square test. The results showed that most respondents had inadequate protein intake (75.3%), 69.9% of respondents had undergone hemodialysis therapy for more than two years, and 77.4% of respondents were malnourished. Statistical analysis results show that there is a relationship between protein intake and nutritional status ($p=0.000$), and there is a relationship between the duration of hemodialysis and nutritional status ($p=0.000$). The conclusion of this study is that there is a relationship between protein intake and duration of hemodialysis with nutritional status. It is hoped that patients with chronic kidney disease can regulate a high-protein diet and increase the variety and amount of protein-containing foods consumed.

Keywords: *protein intake, duration of hemodialysis, nutritional status.*