

**POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI**

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Gambaran asupan zat gizi dan status gizi pasien gagal ginjal kronik dengan hemodialisis di Poli Rawat Jalan RSUD Alimuddin Umar Lampung Barat

xiii + 76 halaman + 10 tabel + 2 gambar + 10 lampiran

ABSTRAK

Penderita Gagal Ginjal Kronik (GGK) dengan Hemodialisis (HD) beresiko terjadi malnutrisi. Asupan energi protein yang tidak adekuat berhubungan erat dengan morbiditas dan mortalitas. Pasien yang menjalani terapi HD harus mengetahui makanan apa saja yang boleh dikonsumsi termasuk makanan yang mengandung protein hewani, rendah kalium, dan rendah garam. Pemberian energi yang adekuat sangat penting untuk membuat keseimbangan nitrogen menjadi positif dan asupan zat gizi makro & mikro yang adekuat sesuai anjuran dapat meningkatkan kualitas hidup pasien. Penilaian dan pemantauan status gizi perlu dilakukan agar keadaan malnutrisi dapat dicegah. Tujuan penelitian ini untuk mengetahui gambaran asupan zat gizi dan status gizi pasien GGK dengan HD di Poli Rawat Jalan RSUD Alimuddin Umar Lampung Barat.

Penelitian ini merupakan penelitian deskriptif. Penelitian dilakukan di ruang Hemodialisis RS Alimuddin Umar Lampung Barat dengan total sampel pasien HD sebanyak 36 orang. Data primer diperoleh dari observasi dan wawancara.

Hasil penelitian rata-rata usia responden 41-60 th sebesar 52,7% (19 orang), jenis kelamin perempuan sebesar 61,1% (22 orang), pendidikan terakhir tamat Sekolah Dasar (SD) sebesar 41,7% (15 orang), pekerjaan responden tidak bekerja sebesar 55,5% (20 orang). Asupan energi kurang 44,4% (16 orang), asupan protein kurang 47,2% (17 orang), asupan natrium tidak baik 69,4% (25 orang), asupan kalium baik 75% (27 orang), dan status gizi baik/normal sebesar 75% (27 orang).

Berdasarkan hasil penelitian responden berusia 41-60 tahun, jenis kelamin perempuan dengan pendidikan terakhir tamat SD serta pekerjaan sehari-hari tidak bekerja. Asupan energi & protein kurang, asupan natrium berlebih atau tidak baik dan kalium baik serta status gizi pasien baik/normal. Dianjurkan pada responden untuk memperhatikan asupan energi dan protein sesuai dengan diit GGK HD untuk mengurangi gejala penyakit dan untuk mempertahankan status gizi yang optimal, perlu memonitoring berat badan dan ahli gizi perlu melakukan konseling dan konsultasi gizi tentang diit yang harus dijalani serta makanan yang harus dibatasi dan mempertahankan status gizi.

Kata kunci : GGK, asupan zat gizi GGK, status gizi GGK, hemodialisis

Daftar bacaan : 70 (2011-2022)

**TANJUNGPURANG HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION**

Final Assignment, June 2023

Veronica Risda Nofiyani

Description of nutrient intake and nutritional status of chronic kidney failure patients on hemodialysis at the Outpatient Polyclinic of Alimuddin Umar Hospital, West Lampung

xiii + 76 pages + 10 tables + 2 figures + 10 attachments

ABSTRACT

Patients with Chronic Renal Failure (CKD) on Hemodialysis (HD) are at risk of malnutrition. Inadequate protein energy intake is closely related to morbidity and mortality. Patients undergoing HD therapy must know what foods can be consumed, including foods that contain animal protein, low potassium, and low salt. Adequate energy delivery is very important to create a positive nitrogen balance and adequate intake of macro & micro nutrients as recommended can improve the patient's quality of life. Assessment and monitoring of nutritional status needs to be done so that malnutrition can be prevented. The purpose of this study was to describe the nutrient intake and nutritional status of CRF patients with HD at the Outpatient Clinic of Alimudin Umar Hospital, West Lampung.

This research is a descriptive research. The study was conducted in the Hemodialysis Room of Alimudin Umar Hospital, West Lampung with a total sample of 36 HD patients. Primary data obtained from observation and interviews.

The results of the study mean the age of respondents 41-60 years was 52.7% (19 people), female sex was 61.1% (22 people), the last education graduated from Elementary School (SD) was 41.7% (15 people), the work of the respondents did not work by 55.5% (20 people). Low energy intake 44.4% (16 people), protein intake 47.2% (17 people), sodium intake not good 69.4% (25 people), potassium intake good 75% (27 people), and nutritional status good/normal by 75% (27 people).

Based on the results of the study, respondents aged 41-60 years, female with the last education, graduated from elementary school and did not work daily. Inadequate energy & protein intake, excess sodium intake or not good and good potassium and the patient's nutritional status is good/normal. It is recommended for respondents to pay attention to energy and protein intake according to the CKD HD diet to reduce disease symptoms and to maintain optimal nutritional status, it is necessary to monitor body weight and nutritionists need to carry out nutritional counseling and consultations regarding diets that must be followed and foods that must be limited and maintain nutritional status.

Keywords: CKD, Nutritional intake of CKD, Nutritional Status of CKD, Hemodialysis

Reading list : 53 (2009-2021)