

POLITEKNIK KESEHATAN TANJUNGPURWOREJO
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Gambaran Asupan Zat Gizi dan Status Gizi Penderita Gagal Ginjal Kronik dengan Hemodialisis (*Study Literature*)

xii + 57 halaman + 7 tabel + 3 gambar

ABSTRAK

Penyakit gagal ginjal kronik adalah suatu keadaan ketika terjadi penurunan fungsi ginjal yang cukup berat secara perlahan-lahan menahun. Apabila nilai *Glomerular Filtration Rate* (GFR) kurang dari 15 ml/menit maka pasien masuk ke dalam penurunan fungsi ginjal berat. Penyakit ginjal kronik dapat dikategorikan masuk pada stadium 5 yang memerlukan terapi pengganti salah satunya hemodialisis (Suharyati, dkk, 2019). Beberapa penelitian menemukan bahwa mayoritas penderita gagal ginjal kronik dengan Hemodialisis berstatus gizi kurang dan konsumsi zat gizi kategori defisit. Penelitian ini bertujuan untuk mengetahui gambaran asupan zat gizi dan status gizi penderita gagal ginjal kronik dengan hemodialisis.

Penelitian ini merupakan jenis penelitian penelusuran pustaka atau studi kepustakaan dengan teknik pengumpulan data secara dokumentasi, yaitu mencari berbagai data mengenai asupan zat gizi dan status gizi penderita gagal ginjal kronik dengan hemodialisis melalui hasil penelitian dalam jurnal yang diterbitkan pada lima tahun terakhir (2017 - 2021)

Hasil penelitian asupan zat gizi penderita gagal ginjal kronik dengan hemodialisis yang dianalisis dari 8 jurnal penelitian, yaitu asupan energi tidak adekuat 51,32%, asupan protein tidak adekuat 56,32%, asupan natrium tidak adekuat 56,3%, dan asupan kalium adekuat 51,5%. Adapun hasil penelitian status gizi berdasarkan IMT penderita gagal ginjal kronik dengan hemodialisis sebagian besar yaitu gizi baik 52,5%.

Sebaiknya perlu dilakukan pemberian konseling gizi pada penderita gagal ginjal kronik dengan hemodialisis untuk meningkatkan asupan zat gizi dan status gizi serta penelitian lebih lanjut tentang pemberian makanan yang mengandung protein dengan nilai biologis tinggi pada penderita gagal ginjal kronik dengan hemodialisis. Dan diharapkan bagi peneliti selanjutnya untuk menggunakan pengambilan data asupan zat gizi yang paling valid yakni metode *recall* 3x24 jam, *SQ-FFQ*, dan *food record*.

Kata kunci : Hemodialisis, Zat Gizi, Status Gizi
Daftar Bacaan : 33 (2004 - 2021)

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An Overview of Nutrient Intake and Nutritional Status in Chronic Kidney Disease Patients with Hemodialysis (*Study Literature*)

xii + 57 pages + 7 tables + 3 pictures

ABSTRACT

Chronic kidney disease is a condition when there is a decline in kidney function that is quite severe and slowly chronic. If the value of the Glomerular Filtration Rate (GFR) is less than 15 ml/min, the patient has a severe decline in kidney function. Chronic kidney disease can be categorized into stage 5 which requires replacement therapy, one of which is hemodialysis (Suharyati, dkk, 2019). Several studies have found that the majority of Chronic Kidney Disease Patients with Hemodialysis have underweight nutritional status and consumption of nutrients in the category of deficit. This study aims to determine the description of nutrient intake and nutritional status in chronic kidney disease patients with hemodialysis.

This research is a type of literature research or literature study with documentation data collection techniques, namely looking for various data regarding of nutrient intake and nutritional status in chronic kidney disease patients with hemodialysis through research results in journals published in the last five years (2017 - 2021).

The results of the study of nutritional intake of patients with chronic kidney failure with hemodialysis were analyzed from 8 research journals, inadequate energy intake 51.32%, inadequate protein intake 56.32%, inadequate sodium intake 56.3%, and adequate potassium intake. 51.5%. The results of the study on nutritional status based on BMI of patients with chronic kidney disease with hemodialysis were 16.2% underweight, 52.5% well-nourished, and 31.3% overweight.

It is advisable to provide nutritional counseling to patients with chronic kidney disease on hemodialysis and further research on the provision of foods containing protein with high biological value in patients with chronic kidney disease on hemodialysis. And it is hoped that further researchers will use the most valid data collection on nutrient intake, namely the 3x24 hour recall method, SQ-FFQ, and food record.

Keywords : Hemodialysis, Nutrient Intake, Nutritional Status
Reference : 33 (2004 - 2021)