

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI

Tugas Akhir, Mei 2025

Ade Ayu Silvia

Gambaran Status Gizi dan Asupan Zat Gizi Pasien Gagal Ginjal Kronik dengan Hemodialisis di Poli Rawat Jalan Rumah Sakit Advent Bandar Lampung

xiv + 89 halaman + 15 tabel + 2 gambar + 8 lampiran

ABSTRAK

Penderita gagal ginjal kronik dengan hemodialisis (HD) beresiko terjadi malnutrisi. Selain beresiko malnutrisi, pasien yang menjalani terapi HD juga memiliki risiko terjadinya hiperkalemia, hiperfosfatemia dan hipernatremia dikarenakan asupan kalium, fosfor dan natrium yang berlebihan. Pemberian asupan zat gizi makro & mikro yang adekuat sesuai anjuran dapat meningkatkan kualitas hidup pasien. Tujuan penelitian ini untuk mengetahui gambaran asupan zat gizi dan status gizi pasien gagal ginjal kronik dengan HD di Poli Rawat Jalan RS Advent Bandar Lampung.

Jenis penelitian yang digunakan adalah penelitian deskriptif. Sasaran penelitian ini adalah pasien gagal ginjal kronik dengan jadwal hemodialisa 2 kali dalam seminggu dengan jumlah sebanyak 50 sampel. Data yang dikumpulkan yaitu data primer (wawancara *SQ-FFQ*, dan pengukuran antropometri).

Hasil penelitian rata-rata usia responden 45-54 tahun sebesar 30% (15 orang), jenis kelamin perempuan sebesar 62% (31 orang), responden tidak bekerja sebesar 62% (31 orang), responden dengan lama hemodialisis ≤ 5 tahun sebesar 78% (39 orang), responden dengan riwayat penyakit hipertensi sebesar 60% (30 orang), responden dengan kondisi fisik normal tanpa odema dan sesak nafas sebesar 94% (47 orang), responden dengan status gizi normal sebesar 42% (21 orang), responden dengan asupan energi kurang sebesar 42% (21 orang), responden dengan asupan protein kurang sebesar 64% (32 orang), responden dengan asupan lemak sangat kurang sebesar 34% (17 orang), responden dengan asupan karbohidrat sangat kurang sebesar 62% (31 orang), responden dengan asupan fosfor tidak baik sebesar 76% (38 orang), responden dengan asupan kalium baik sebesar 94% (47 orang), dan responden dengan asupan natrium baik sebesar 94% (47 orang). Berdasarkan hasil penelitian dianjurkan pada responden untuk memperhatikan asupan zat gizi sesuai dengan diit gagal ginjal kronik dengan HD untuk mengurangi gejala penyakit dan untuk mencapai dan mempertahankan status gizi normal. Dan ahli gizi perlu melakukan konseling gizi dan konsultasi gizi tentang diet yang harus dijalani serta makanan yang harus dibatasi.

Kata kunci : Gagal ginjal kronik, status gizi, asupan zat gizi, hemodialisis
Daftar pustaka : 69 (2014 – 2024)

TANJUNGKARANG HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION

Final Assignment, May 2025

Ade Ayu Silvia

Overview of Nutritional Status and Nutrient Intake of Chronic Renal Failure Patients with Hemodialysis in the Outpatient Clinic of Advent Hospital Bandar Lampung

xiv + 89 pages + 15 table + 2 figures + 8 attachment

ABSTRACT

Patients with chronic renal failure with hemodialysis (HD) are at risk of malnutrition. In addition to the risk of malnutrition, patients undergoing HD therapy also have a risk of hyperkalemia, hyperphosphatemia and hypernatremia due to excessive intake of potassium, phosphorus and sodium. Providing adequate macro & micronutrient intake as recommended can improve the quality of life of patients. The purpose of this study was to determine the description of nutrient intake and nutritional status of chronic renal failure patients with HD in the Outpatient Clinic of Advent Hospital Bandar Lampung.

The type of research used was descriptive research with a cross sectional research design. The targets of this study were chronic renal failure patients with a hemodialysis schedule 2 times a week with a total of 50 samples. The data collected were primary data (interviews SQ-FFQ, and anthropometric measurements).

The results of the study showed that the average age of respondents 45-54 years was 30% (15 people), female gender was 62% (31 people), respondents did not work by 62% (31 people), respondents with a length of hemodialysis ≤ 5 years by 78% (39 people), respondents with a history of hypertension by 60% (30 people), respondents with normal physical condition without edema and shortness of breath by 94% (47 people), respondents with normal nutritional status by 42% (21 people), respondents with less energy intake were 42% (21 people), respondents with less protein intake were 64% (32 people), respondents with very less fat intake were 34% (17 people), respondents with very less carbohydrate intake were 62% (31 people), respondents with phosphorus intake were not good at 76% (38 people), respondents with good potassium intake were 94% (47 people), and respondents with good sodium intake were 94% (47 people). Based on the results of the study, it is recommended that respondents pay attention to nutrient intake in accordance with chronic kidney failure diets with HD to reduce disease symptoms and to achieve and maintain normal nutritional status. And nutritionists need to conduct nutritional counseling and nutritional consultations about the diet that must be followed and foods that must be limited.

Keywords: Chronic kidney disease, nutritional status, nutrient intake, hemodialysis.
Bibliography: 69 (2014 - 2024)