ABSTRAK

Judul : Hubungan Asupan Protein dan Cairan, Kadar Natrium Serum, Kadar Kalium Serum terhadap Derajat Edema pada Pasien Hemodialisa
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Program Studi : Gizi

Abstrak: Hemodialisa adalah terapi pengganti untuk mengelusuatuarkan sisa-sisa metabolisme atau racun tertentu dari peredaran darah manusia seperti air, natrium, kalium, hidrogen, urea, kreatinin, asam urat, dan zat - zat lain melalui membran *semi permeabel* sebagai pemisah darah dan cairan dialisat pada ginjal buatan dimana terjadi proses difusi, osmosis dan ultra filtrasi. Edema adalah akumulasi abnormal cairan diruang interstitial atau jaringan tubuh yabg menimbulkan bengkak. Penelitian ini bertujuan untuk mengetahui hubungan asupan protein(hewani dan nabati) dan cairan, kadar natrium serum, kadar kalium serum terhadap derajat edema pada pasienhemodialisa di RS PGI Cikini. Jenis penelitian ini kuantitatif dengan desain penelitian cross sectional. Populasi penelitian ini adalah seluruh hemodialisa di ruang Renal Unit RS PGI Cikini dengan sampel sebanyak 36 responden. Analisa data penelitian ini menggunakan korelasi Rank Spearman. Dari hasil penelitian didapatkan bahwa rata-rata asupan protein hewani adalah 32,43±10,442g, rata-rata asupan protein nabati adalah 9,03±4,598 g, rata-rata asupan cairan adalah 763,29±285,145ml, rata-rata kadar natrium serum adalah 141,75±6,226mEq/L, rata asupan kalium serum adalah 4.93±0,449mEq/L. Terdapat hubungan antara asupan protein hewani (p=0.001), asupan cairan (p=0.001), kadar natrium serum (p=0,002), kadar kalium serum (p=0,0001) terhadap derajat edema. Tidak terdapat hubungan antara protein nabati terhadap derajat edema (p= 0,994). Asupan protein hewani, asupan cairan, kadar natrium serum, kadar kalium serum adalah yang berhubungan terhadap derajat edema. Pasien gagal ginjal kronik dengan hemodialisa dianjurkan untuk memperhatikan dalam mengkonsumsi asupan protein dan cairan.

Kata kunci: derajat edema, asupan protein hewani, asupan protein nabati, asupan cairan, kadar natrium serum, kadar kalium serum.

ABSTRACT

Title : Relationship between Protein and Liquid Intake, Serum Sodium Level, Serum Potassium Level on Degree of Edema in Hemodialysis Patients.
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Abstract: *Edema is a collection of abnormal interstitial fluid or body tissue that causes swelling.*
This study aims to determine the relationship of protein (animal and vegetable) and fluid intake, serum sodium levels, potassium serum to the degree of edema in patients at PGI Cikini Hospital. This type of research is quantitative with a cross sectional study design. The population of this study was all hemodialysis in the Renal Unit of PGI Cikini Hospital with a sample of 36 respondents. Analysis of this research data using Rank Spearman randomly. From the results of the study, the average intake of animal protein was 32.43 ± 10.442g, the average intake of vegetable protein was 9.03 ± 4.598 g, the average normal intake was 763.29 ± 285.145ml, the average level serum sodium was 141.75 ± 6.226mEq / L, the average serum potassium intake was 4.93 ± 0.449mEq / L. There was a relationship between animal protein intake (p = 0.001), fluid intake (p = 0.001), serum sodium (p = 0.002), serum potassium serum (p = 0.0001) to the degree of edema. There was no correlation between vegetable protein and the degree of edema (p = 0.994). Intake of animal protein, fluid intake, serum sodium levels, serum potassium serum associated with the degree of edema. Patients with chronic renal failure with hemodialysis for needs in protein and fluid intake.
Keywords*: degree of edema, animal protein intake, vegetable protein intake, fluid intake, serum sodium level, serum potassium serum.*