

ABSTRAK

Judul : Hubungan Asupan Protein Hewani, Nabati, Zat Besi, Kadar Ureum, Kreatinin dan Hemoglobin pada Pasien Gagal Ginjal Kronik Hemodialisis di RS Karya Husada Cikampek

Nama : Aida Robiatul Adawiyah

Program Studi : Gizi

Angka kejadian dan prevalensi pasien gagal ginjal kronik berdasarkan data mortalitas WHO South East Asia Region pada tahun 2010-2012 terdapat 250.217 jiwa di Indonesia. Menurut PERNEFRI tahun 2013, menyebabkan bahwa angka kejadian dan prevalensi penyakit gagal ginjal kronik di Jawa Barat 0,3%. Menurut Riskesdas tahun 2013, Kelompok umur  $\geq 75$  tahun angka kejadian dan prevalensinya sekitar 0,6 % lebih tinggi. Penelitian ini dilakukan untuk mengetahui hubungan antara asupan protein hewani, nabati, zat besi, kadar ureum, kreatinin dan hemoglobin pada pasien gagal ginjal kronik hemodialisis. Desain penelitian yang digunakan adalah *cross-sectional*. Pengambilan sampel dilakukan dengan teknik *Total Sampling*, sampel dalam penelitian ini adalah pada pasien gagal ginjal kronik hemodialisis di RS Karya Husada Cikampek. Analisa data ini menggunakan Uji *Pearson Product Moment*. Hasil penelitian menunjukkan bahwa tidak ada hubungan asupan protein hewani ( $p = 0,523$ ), tidak ada hubungan asupan protein nabati ( $p = 0,273$ ), tidak ada hubungan asupan zat besi ( $p = 0,373$ ), kadar ureum ( $p = 0,028$ ), kadar kreatinin ( $p = 0,0031$ ) ada hubungan kadar ureum dan kreatinin pada kadar hemoglobin pada pasien gagal ginjal kronik.

Kata Kunci : Asupan Protein Hewani, asupan protein nabati, asupan zat besi, kadar ureum, kadar kreatinin, hemoglobin.

ABSTRACT

Title : The Relationship Between Intake of Animal Protein, Vegetable, Iron, Urea Level, Creatinine and Hemoglobin Level in Patients with Chronic Kidney Disease Hemodialysis in Karya Husada Cikampek Hospital

Name : Aida Robiatul Adawiyah

Study Program : Nutrition

Prevalence of kidney failure patients based on WHO mortality data in the Southeast Asia region in 2010-2012 is located 250,217 people in Indonesia. According to PERNEFRI in 2013, mentioned the incidence and prevalence of chronic kidney failure in West Java 0.3%. According to Riskesdas in 2013, the age group  $\geq 75$  years the incidence rate and prevalence were around 0.6% higher. This study was conducted to determine the relationship between intake of animal protein, vegetable, iron, urea, creatinine and hemoglobin levels in patients with hemodialysis chronic renal failure. The design used is cross-sectional. Sampling was done by Total Sampling technique, the sample in this study was in patients with Chronic Kidney Failure. Analysis of this data using the Person Product Moment. The results showed that there was no association of protein heme intake ( $p = 0.523$ ), there was no association of protein non heme intake ( $p = 0.273$ ), no association of iron intake ( $p = 0.373$ ), urea level ( $p = 0.028$ ), creatinine level ( $p = 0.0031$ ) there is a relationship between levels of urea and creatinine in hemoglobin levels in patients with chronic renal failure.

Keywords : Heme Protein Intake, Non heme protein intake, iron intake, urea level, creatinine level, hemoglobin.