

**ABSTRAK**

**HUBUNGAN TINGKAT KECUKUPAN ENERGI, PROTEIN, DAN CAIRAN TERHADAP STATUS KESEHATAN PASIEN GAGAL GINJAL KRONIK DENGAN HEMODIALISIS DI RUMAH SAKIT MEDIKA BSD**

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**VI Bab, 80 Halaman, 15 Tabel, 3 Gambar, 7 Lampiran**

**Latar Belakang :** *World Health Organization* (WHO) merilis data pertumbuhan jumlah penderita Gagal Ginjal Kronik (GGK) di dunia pada tahun 2013 meningkat sebesar 50% dari tahun sebelumnya. Berdasarkan hasil Riskesdas 2018 prevalensi rata-rata seluruh Indonesia yang melakukan Hemodialisis yaitu sebesar 19,3% pasien. Kejadian malnutrisi dapat dipengaruhi oleh asupan protein, energi, dan cairan yang tidak adekuat berdasarkan status kesehatan.

**Tujuan :** Mengetahui tingkat kecukupan energi, protein, dan cairan terhadap status kesehatan pasien gagal ginjal kronik yang melakukan hemodialisis di Rumah Sakit Medika BSD

**Metode Penelitian :** Desain penelitian ini adalah cross sectional dengan jumlah sampel 46 responden berkriteria usia 18-60 tahun. Uji statistik menggunakan *chi-square*, korelasi pearson dan spearman.

**Hasil Penelitian :** Tidak terdapat hubungan antara asupan energi, protein, dan cairan terhadap kadar ureum, kadar hemoglobin, dan status kesehatan ( $p \geq 0,05$ ). Hasil uji korelasi menunjukkan antara asupan cairan dan DMS memiliki hubungan negatif kuat, artinya jika asupan cairan terpenuhi sesuai anjuran maka angka score DMS menurun yang berarti status gizi normal ( $p < 0,000$ ).

**Kesimpulan :** Oleh karenanya pasien dengan Hemodialisa perlu memperhatikan asupan gizi dan cairan untuk menjaga status kesehatan yang optimal.

**Kata kunci :** Tingkat kecukupan energi, protein, dan cairan, Kadar Ureum, Kadar Hemoglobin (Hb), Dialysis Malnutrition Score (DMS), Status Kesehatan

## ABSTRACT



**THE RELATIONSHIP OF ENERGY, PROTEIN, AND FLUID ADEQUACY LEVELS ON THE HEALTH STATUS OF CHRONIC KIDNEY FAILURE PATIENTS WITH HEMODIALYSIS AT MEDIKA BSD HOSPITAL**  
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**VI Chapters, 80 Pages, 15 Tables, 3 Figures, 7 Attachments**

**Background :** World Health Organization (WHO) released data on growth in the number of people with Chronic Kidney Failure (CRF) in the world in 2013 increased by 50% from the previous year. The Riskesdas report in 2018, prevalence of Indonesians patients with Hemodialysis is 19.3%. The incidence of malnutrition can be affected by inadequate intake of protein, energy, and fluids based on health status.

**Objective :** To determine the adequacy of energy, protein, and fluid levels on the health status of patients with chronic kidney failure with hemodialysis at Medika BSD Hospital.

**Methods :** The study was a cross sectional with a 46 respondents aged 18-60 years old. *Chi-square* test, Pearson correlation and Spearman correlation were used to analyzed the data.

**Results :** There is no relationship between energy, protein, and fluid intake on urea levels, hemoglobin levels, and health status ( $p \geq 0.05$ ). Correlation test results show that between fluid intake and DMS have a strong negative relationship, meaning if the fluid intake is met as recommended, the DMS score decreases, which means nutritional status is normal ( $p < 0,000$ ).

**Conclusion :** Therefore patients with Hemodialysis should more attention to nutrition and fluid intake to maintain optimal health status.

**Keywords:** Adequate levels of energy, protein, and fluid, Urea level, Hemoglobin level (Hb), Dialysis Malnutrition Score (DMS), Health Status