

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
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RAHMAULDIANTI SAFITRI

PERBEDAAN KADAR HEMOGLOBIN, UREUM, KREATININ BERDASARKAN KEPATUHAN DIET PASIEN HEMODIALISIS DI RSUD JEND A YANI METRO LAMPUNG

VI BAB, 110 Halaman, 15 Tabel, 7 Gambar, 6 Lampiran

Latar Belakang : Populasi umur ≥ 15 tahun yang terdiagnosis gagal ginjal kronis berdasarkan Riskesdas tahun 2018 sebesar 3,8%. Angka ini lebih tinggi dibandingkan prevalensi PGK pada tahun 2013. Salah satu masalah besar yang berkontribusi pada kegagalan hemodialisis adalah masalah kepatuhan pasien (pengobatan, mengikuti diet, dan atau melaksanakan perubahan gaya hidup sesuai dengan rekomendasi pemberi pelayanan kesehatan). **Tujuan :** Mengidentifikasi perbedaan kadar hemoglobin, ureum, kreatinin berdasarkan kepatuhan diet pasien Hemodialisis Di RSUD Jend Ahmad Yani Metro Lampung. **Metode :** Penelitian ini mengambil responden sebanyak 50 pasien Hemodialisis di RSUD Jend Ahmad Yani Metro Lampung dengan hasil pasien patuh terhadap diet sebanyak 18 orang serta sisanya tidak patuh terhadap diet. Menggunakan metode *cross sectional* dan analisis data normal menggunakan Uji T-Independen. **Hasil :** Hasil Skor rata-rata kepatuhan diet ($71,94 \pm 9,971$). Rata-rata kadar hemoglobin ($9,36 \pm 1,92$ g/dL) kemudian rata-rata ureum sebesar ($114,3 \pm 40,93$ mg/dL) Sedangkan untuk nilai rata-rata sebesar ($7,89 \pm 3,14$ mg/dL). Berdasarkan hasil uji statistik yang dilakukan menunjukkan bahwa tidak ada perbedaan kadar hemoglobin (p -value=0,488) berdasarkan kepatuhan diet pasien hemodialisis, dan terdapat perbedaan kadar ureum (p -value=0,018), kadar kreatinin (p -value=0,002) berdasarkan kepatuhan diet pasien hemodialisis. **Kesimpulan :** Tidak ada perbedaan kadar hemoglobin berdasarkan kepatuhan diet pasien hemodialisis. Ada perbedaan kadar ureum dan kreatinin berdasarkan kepatuhan diet pasien hemodialisis.

Kata Kunci : Kadar Hemoglobin, Ureum, Kreatinin, Kepatuhan Diet pasien Hemodialisis

ABSTRACT



UNIVERSITY OF ESA UNGGUL
FACULTY OF HEALTH SCIENCE
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RAHMAULDIANTI SAFITRI

DIFFERENCES IN HEMOGLOBIN, UREUM, CREATININE LEVEL BASED ON DIETARY COMPLIANCE FOR HEMODIALYSIS PATIENTS AT GENERAL HOSPITAL AHMAD YANI METRO LAMPUNG

Background: *The population aged ≥ 15 years diagnosed with chronic kidney failure based on Riskesdas 2018 was 3.8%. This figure was higher than the prevalence of CKD in 2013. One of the major problems that contribute to hemodialysis failure is patient adherence (medication, following a diet, and / or implementing lifestyle changes according to the recommendations of the health care provider).* **Objective:** *To identify differences in hemoglobin, urea, and creatinine levels based on the dietary compliance of hemodialysis patients at Jend Ahmad Yani General Hospital, Metro Lampung.* **Methods:** *This study took 50 hemodialysis patients in RSUD Jend Ahmad Yani Metro Lampung, with 18 patients adhering to the diet and the rest were not adherent to the diet. Using cross sectional method and normal data analysis using Independent T test.* **Results:** *Results Average score of dietary adherence (71.94 ± 9.971). The average hemoglobin level was (9.36 ± 1.92 g / dL) then the average urea was (114.3 ± 40.93 mg / dL) while the average value was (7.89 ± 3.14). mg / dL). Based on the results of statistical tests conducted, it showed that there was no difference in hemoglobin levels (p -value = 0.488) based on the dietary compliance of hemodialysis patients, and there were differences in urea levels (p -value = 0.018), creatinine levels (p -value = 0.002) based on adherence. hemodialysis patient's diet.* **Conclusion:** *There is no difference in hemoglobin levels based on dietary adherence of hemodialysis patients. There are differences in urea and creatinine levels based on dietary adherence to hemodialysis patients.*

Keywords: *Hemoglobin Levels, Ureum, Creatinine, Hemodialysis Patient Diet Compliance.*