

**GAMBARAN STATUS GIZI PASIEN PENYAKIT GINJAL
KRONIK YANG MENJALANI HEMODIALISIS RUTIN
MINIMAL TIGA BULAN BERTURUT-TURUT
DI RSUP. DR. M. DJAMIL PADANG**



Pembimbing
dr. Desywar, SpPK, MARS
Dr. Saptino Miro, SpPD-KGEH, FINASIM

FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS
PADANG
2019

ABSTRACT

DESCRIPTION OF NUTRITIONAL STATUS IN CHRONIC KIDNEY DISEASE PATIENTS WHO UNDERGOING ROUTINE HAEMODIALYSIS AT LEAST IN THREE MONTHS IN RSUP. DR. M. DJAMIL PADANG

By

Yogi Andika Rahman

Patients with chronic kidney disease undergoing haemodialysis (HD) have high prevalence of malnutrition. Malnutrition and low dietary energy-protein intake are associated with increased morbidity and mortality risk. Measuring and monitoring of nutritional status in HD patient have become important to prevent malnutrition. The measuring can be assessed by anthropometry measurement such as body mass index (BMI), relative body weight (RBW) and mid-arm muscle circumference (MAMC). The study aimed to describe nutritional status in HD patients.

This research was descriptive study by using *cross sectional design* in 32 patients undergoing HD at the haemodialysis unit of RSUP Dr. M. Djamil Padang. The samples were collected by using consecutive total sampling technic at 2-15 january 2019. The inclusion criteria was CKD patients who had undergone routine haemodilysis two times a week for at least 3 months aged 18-60 years. The data obtained included respondent characteristics, nutritional status measured by using BMI, RBW and MAMC.

Respondents were consisted 21 men and 11 women. The avarage age was $47,56 \pm 10,80$ (range 18 – 60 years), and the length of time on HD was $25,47 \pm 24,83$ (range 3 - 98 months). According to BMI, respondents who were classified as under nutrition 25%, normal nutritional status 59,38% and over nutritional status 15,62%. According to RBW, respondents who were classified as under nutrition 31,25%, normal nutritional status 62,50% and over nutritional status 6,25%. According to MAMC, respondents who were classified as under nutrition 25%, normal nutritional status 43,75% and over nutritional status 31,25%.

The conclusion is the measurement of BMI, RBW, MAMC maybe useful for predicting nutritional status in HD patients.

Keywords: Haemodialysis, nutritional status, BMI, RBW, LOLA.

ABSTRAK

GAMBARAN STATUS GIZI PASIEN PENYAKIT GINJAL KRONIK YANG MENJALANI HEMODIALISIS RUTIN MINIMAL TIGA BULAN BERTURUT-TURUT DI RSUP. DR. M. DJAMIL PADANG

Oleh

Yogi Andika Rahman

Penderita penyakit ginjal kronik (PGK) dengan hemodialisis (HD) berisiko terjadi malnutrisi. Malnutrisi dan asupan energi protein yang tidak adekuat berhubungan erat dengan morbiditas dan mortalitas. Penilaian dan pemantauan status gizi pada penderita perlu dilakukan agar keadaan malnutrisi dapat dicegah. Penilaian tersebut dapat dilakukan dengan pengukuran antropometri seperti IMT (indeks massa tubuh), BBR (berat badan relatif) dan LOLA (lingkar otot lengan atas). Tujuan penelitian ini untuk mendeskripsikan status gizi penderita PGK yang menjalani hemodialisis rutin.

Penelitian ini adalah deskriptif dengan desain potong lintang yang dilaksanakan di unit hemodialisis RSUP Dr. M. Djamil Padang tanggal 2 - 15 Januari 2019. Sampel penelitian berjumlah 32 orang diambil dengan teknik *consecutive total sampling*. Kriteria inklusi adalah penderita PGK yang telah menjalani hemodialisis rutin 2 kali seminggu minimal selama 3 bulan berturut-turut yang berusia 18-60 tahun. Data yang diperoleh meliputi karakteristik responden, status gizi yang diukur dengan menggunakan IMT, BBR dan LOLA.

Responden terdiri 21 orang pria dan 11 orang wanita. Rerata umur responden $47,56 \pm 10,80$ (antara 18 – 60 tahun). Rerata lama HD $25,47 \pm 24,83$ (antara 3 – 98 bulan). Berdasarkan IMT responden yang tergolong gizi kurang 25%, status gizi normal 59,38% dan status gizi lebih 15,62%. Berdasarkan BBR responden yang tergolong status gizi kurang 31,25%, status gizi normal 62,5% dan status gizi lebih 6,25%. Berdasarkan LOLA responden yang tergolong gizi kurang 25%, gizi normal 43,75%, gizi lebih 31,25%.

Kesimpulan penelitian ini adalah pengukuran IMT, BBR dan LOLA bermanfaat untuk memprediksi status gizi pasien PGK dengan HD.

Kata kunci: Hemodialisis, status gizi, IMT, BBR, LOLA.