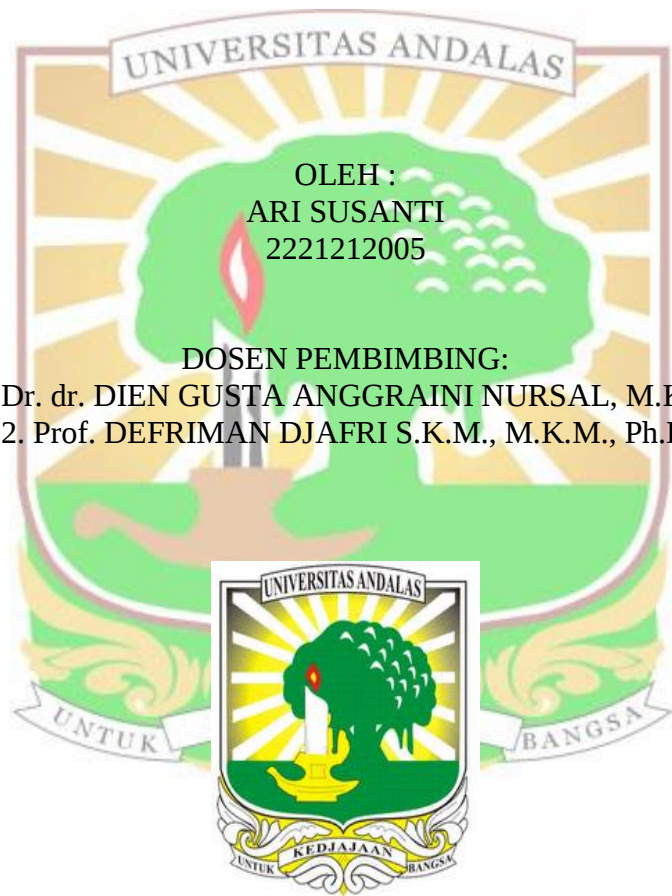


**PENGARUH KEPATUHAN PEMBATAAN CAIRAN, KOMORBIDITAS
DAN KARAKTERISTIK PASIEN TERHADAP HUBUNGAN STATUS
GIZI DENGAN KETAHANAN HIDUP PASIEN HEMODIALISIS
PENYAKIT GINJAL KRONIS DI RSUP
DR. M. DJAMIL PADANG**

TESIS



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xi + 131 halaman, 18 tabel, 7 gambar, 7 lampiran

ABSTRAK

Tujuan Penelitian

Selama periode 2022-2023, terjadi peningkatan jumlah kematian akibat penyakit ginjal kronis (PGK), dari 170 pasien pada tahun 2022 menjadi 197 pasien pada tahun 2023. Penelitian ini bertujuan untuk mengetahui pengaruh kepatuhan pembatasan Cairan, Komorbiditas dan Karakteristik terhadap hubungan status gizi dengan ketahanan hidup pasien hemodialisis PGK di RSUP Dr. M. Djamil Padang.

Metode

Studi kohort retrospektif ini bersumber dari rekam medis pasien hemodialisis PGK di RSUP Dr. M. Djamil Padang serta dianalisis menggunakan analisis survival. Distribusi frekuensi berdasarkan faktor risiko digambarkan melalui analisis survival. Analisis univariat melihat distribusi frekuensi masing-masing variabel. Analisis bivariat, probabilitas *survival* dan *HRcrude* didapatkan melalui kurva Kaplan meier dan Regresi Cox. Analisis multivariat dilakukan untuk menguji interaksi dan *confounding*. Uji Seleksi AIC digunakan untuk memilih model terbaik.

Hasil

Penelitian ini melibatkan 93 pasien hemodialisis PGK, di mana 48,39% memiliki status gizi normal, 29,03% mengalami *overweight/obesitas*, dan 22,58% termasuk dalam kategori *underweight*. Sebanyak 62,37% pasien diketahui tidak mematuhi pembatasan cairan yang dianjurkan. Sebesar 44,09% pasien memiliki lebih dari satu komorbiditas. Uji *confounding* menunjukkan bahwa kepatuhan pembatasan cairan, komorbiditas, dan usia berperan sebagai *confounder*. Berdasarkan final model, diketahui pasien *overweight/obese* memiliki risiko kematian 4,50 kali lebih besar, sedangkan pasien *underweight* memiliki risiko kematian 5,08 kali lebih tinggi dibandingkan pasien dengan status gizi normal.

Kesimpulan

Terdapat hubungan yang signifikan antara status gizi dengan ketahanan hidup pasien hemodialisis PGK. Oleh karena itu, penting untuk mempertimbangkan status gizi terhadap ketahanan hidup pasien hemodialisis PGK.

Daftar Pustaka : 107 (1998 – 2024)

Keywords : Ketahanan Hidup, Penyakit Ginjal Kronis, Status Gizi

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**THE EFFECT OF COMPLIANCE WITH FLUID RESTRICTIONS,
COMORBIDITIES, AND CHARACTERISTICS ON THE RELATIONSHIP
BETWEEN NUTRITIONAL STATUS AND SURVIVAL OF
HEMODIALYSIS PATIENTS WITH CHRONIC KIDNEY DISEASE AT
DR. M. DJAMIL PADANG CENTRAL GENERAL HOSPITAL**

xi + 131 pages, 18 tables, 7 pictures, 7 attachments

ABSTRACT

Objective

During the 2022-2023 period, there was an increase in the number of deaths due to chronic kidney disease (CKD), from 170 patients in 2022 to 197 patients in 2023. This study aims to determine the effect of compliance with fluid restrictions and comorbidities on the relationship between nutritional status and survival of CKD hemodialysis patients at Dr. M. Djamil Padang Central General Hospital.

Method

This retrospective cohort study was based on the medical records of CKD hemodialysis patients at Dr. M. Djamil Padang Central General Hospital and was analyzed using survival analysis. The frequency distribution based on risk factors was described through univariate analysis. In the bivariate analysis, survival probability and crude HR were obtained through the Kaplan-Meier curve and Cox Regression. Multivariate analysis was conducted to test for interaction and confounding.

Result

This study involved 93 patients with chronic kidney disease (CKD) undergoing hemodialysis, of whom 48.39% had normal nutritional status, 29.03% were overweight or obese, and 22.58% were underweight. Additionally, 62.37% of patients were found to be noncompliant with recommended fluid restrictions, and 44.09% had more than one comorbidity. Confounding analysis revealed that fluid restriction adherence, comorbidities, and age acted as confounders. Based on the final model, overweight or obese patients were found to have a 4.50 times higher risk of mortality, while underweight patients exhibited a 5.08 times greater risk of mortality compared to patients with normal nutritional status.

Conclusion

There is a significant association between nutritional status and the survival of CKD patients undergoing hemodialysis. Therefore, it is crucial to consider nutritional status as an important factor influencing the survival outcomes of hemodialysis patients.

References : 107 (1998 – 2024)

Keywords : Chronic Kidney Disease, Nutritional Status, Survival