

INTISARI

FAKTOR-FAKTOR PENYEBAB GAGAL GINJAL KRONIK DI RUANG HEMODIALISA RSUD Dr. MOEWARDI SURAKARTA

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Latar Belakang: Penyakit ginjal kronis merupakan masalah kesehatan masyarakat global dengan prevalensi dan insidens gagal ginjal yang meningkat, prognosis yang buruk dan biaya yang tinggi. Prevalensi gagal ginjal kronis meningkat seiring meningkatnya jumlah penduduk usia lanjut dan kejadian penyakit diabetes melitus serta hipertensi. Pola hidup pasien gagal ginjal kronik banyak disebabkan oleh pola hidup yang salah dengan mengkonsumsi minuman berenergi, kurangnya istirahat, mengkonsumsi minuman suplemen yang berlebihan dan makanan yang mengandung bahan-bahan pengawet.

Tujuan: Untuk mengetahui faktor-faktor yang berhubungan dengan kejadian gagal ginjal kronik di ruang hemodialisa RSUD Dr. Moewardi Surakarta.

Metode: Jenis penelitian ini adalah deskriptif analitik dengan pendekatan *cross sectional*. Populasi penelitian ini adalah pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Dr. Moewardi bulan Desember 2018. Teknik pengambilan sampel yaitu *random sampling* diperoleh sampel sebanyak 57 responden. Teknik pengumpulan data menggunakan data rekam medis dan kuesioner. Teknik analisis yang digunakan uji korelasi *Fisher Exact*.

Hasil : 1) Ada hubungan hipertensi dengan kejadian gagal ginjal kronik, hal ini terbukti dengan hasil uji *Fisher Exact p value* 0,000; 2) Ada hubungan diabetes mellitus dengan kejadian gagal ginjal kronik, hal ini terbukti dengan hasil uji *Fisher Exact p value* 0,034; 3) Ada hubungan konsumsi minuman suplemen berenergi dengan kejadian gagal ginjal kronik, hal ini terbukti dengan hasil uji *Fisher Exact p value* 0,010.

Kesimpulan: Ada hubungan antara hipertensi, diabetes mellitus dan konsumsi minuman suplemen dengan kejadian gagal ginjal kronik di ruang hemodialisa RSUD Dr. Moewardi Surakarta

Kata kunci : Hipertensi, Diabetes Mellitus, Konsumsi Minuman Suplemen, Pasien, Gagal Ginjal Kronik

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ABSTRACT

FACTORS OF CAUSE CHRONIC RENAL FAILURE ON HEMODIALISA ROOM RSUD DR. MOEWARDI SURAKARTA

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Background: *Chronic renal failure was a global public health problem with increased prevalence and incidence of kidney failure, poor prognosis and high cost. The prevalence of PGK increases with the increasing number of elderly population and the incidence of diabetes mellitus and hypertension. The lifestyle of chronic renal failure patients is caused by the wrong lifestyle by consuming energy drinks, lack of rest, consuming excessive supplement drinks and foods containing preservatives.*

Objective: *To find out factors related to chronic renal failure in hemodialysis room RSUD Dr. Moewardi Surakarta.*

Methods: *The type of these research was descriptive analytic with cross sectional approach. The population of this study were patients with chronic renal failure who underwent hemodialysis in Dr. Moewardi in December 2018. Sampling technique is random sampling obtained sample of 57 respondents. Data collection techniques used medical record data and questionnaires. The analysis technique used Fisher Exact correlation test.*

Results: *1) There were a hypertension relationship with the incidence of chronic renal failure, these was evidenced by Fisher Exact test results p value 0,000; 2) There were a relationship of diabetes mellitus with the incidence of chronic renal failure, these was evidenced by Fisher Exact test results p value 0.034; 3) There were a correlation of consumption of energy supplement drunk with the incidence of chronic renal failure, these was proven by Fisher Exact test results p value 0.010.*

Conclusion: *There was a correlation between hypertension, diabetes mellitus and consumption of supplement drunk with chronic renal failure occurrence in hemodialysis room RSUD Dr. Moewardi Surakarta*

Keywords: *Hypertension, Diabetes Mellitus, Supplement Drunk, Patient, Chronic Renal Failure*

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