

HUBUNGAN EFEK SAMPING HEMODIALISA TERHADAP KUALITAS TIDUR PADA PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISA DI KLINIK HEMODIALISA PANDAONI MEDIKA JAKARTA

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Abstrak

Hemodialisa merupakan salah satu terapi bagi penderita gagal ginjal kronik stadium akhir. Namun, terapi hemodialisa sendiri menimbulkan beberapa efek samping berupa gejala fisik dan mental. Efek samping hemodialisa diduga mempengaruhi kualitas tidur pasien yang menjalani hemodialisa. Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan efek samping hemodialisa terhadap kualitas tidur dengan menggunakan kuesioner *Dialysis Symptom Index* (DSI) dan *Pittsburgh Sleep Quality Index* (PSQI). Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross-sectional* yang dilakukan di Klinik Hemodialisa Pandaoni Medika Jakarta kepada 92 responden. Hasil penelitian menunjukkan bahwa setiap pasien hemodialisa rata-rata menderita 14 efek samping hemodialisa dengan tiga efek samping terbanyak berupa lelah, gatal – gatal dan kulit kering. Hasil juga menunjukkan bahwa 78,3% responden memiliki kualitas tidur yang buruk. Hasil analisis menggunakan Uji Korelasi Pearson menunjukkan bahwa terdapat hubungan efek samping hemodialisa terhadap kualitas tidur dengan nilai *p value* 0,00 dan nilai *r pearson* 0,44.

Kata Kunci : hemodialisa, efek samping hemodialisa, kualitas tidur

**RELATIONSHIP OF HEMODIALYSIS SIDE EFFECTS ON
SLEEP QUALITY IN CHRONIC KIDNEY DISEASE
PATIENTS WHO ARE UNDERGOING HEMODIALYSIS
TREATMENT AT KLINIK HEMODIALISA PANDAONI
MEDIKA JAKARTA**

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Abstract

Hemodialysis is one of the therapies for end-stage renal disease patients. However, hemodialysis therapy itself causes some side effects in the form of physical and mental symptoms. The side effect of hemodialysis is assumed to affect the quality of sleep of patients undergoing hemodialysis. This research was done in order to find out the relationship of hemodialysis side effects on sleep quality in chronic kidney disease patients who are undergoing hemodialysis using the Dialysis Symptom Index (DSI) and Pittsburgh Sleep Quality Index (PSQI) questionnaires. This research is a quantitative study with a cross-sectional approach and conducted at Klinik Hemodialisa Pandaoni Medika Jakarta to the 92 respondents. The results showed that each hemodialysis patient suffered an average of 14 hemodialysis side effects with the three most common effects are fatigue, itching and dry skin. The results also showed that 78.3% of respondents has poor sleep quality. The results of the analysis using the Pearson Correlation Test showed that there was a relationship of hemodialysis side effects on sleep quality with a *p value* of 0.00 and *r* pearson of 0.44.

Keywords : hemodialysis, hemodialysis side effects, sleep quality