

HUBUNGAN PENGETAHUAN TERAPI DIET GINJAL DENGAN ASUPAN ENERGI, PROTEIN, FOSFOR, KALIUM, DAN NATRIUM PADA PASIEN PENYAKIT GINJAL KRONIK DENGAN HEMODIALISA DI RSU TANGERANG SELATAN

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Abstrak

Penelitian ini dilakukan untuk mengetahui hubungan antara pengetahuan terapi diet ginjal dengan asupan energi, protein, fosfor, kalium, dan natrium pada pasien penyakit ginjal kronik dengan hemodialisa di RSUD Tangerang Selatan. Penelitian ini merupakan penelitian *cross sectional*. Subjek penelitian adalah pasien penyakit ginjal kronik yang menjalani hemodialisa rutin. Jumlah subyek sebanyak 33 pasien, diambil secara *purposive sampling*. Data nama, usia, tingkat pendidikan, lama menjalani hemodialisa, riwayat konseling gizi, dan pengetahuan terapi diet ginjal diperoleh dari kuesioner dan rekam medis pasien. Data asupan energi, protein, fosfor, kalium, dan natrium diukur dengan SQ-FFQ. Analisis data menggunakan uji Spearman. Hasil penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara pengetahuan terapi diet ginjal dengan asupan energi, protein, dan kalium ($p < 0,05$; $p = 0,000$) pada pasien penyakit ginjal kronik dengan hemodialisa. Tidak terdapat hubungan yang signifikan antara pengetahuan terapi diet ginjal dengan asupan fosfor ($p < 0,05$; $p = 0,772$) dan natrium ($p < 0,05$; $p = 0,423$) pada pasien penyakit ginjal kronik dengan hemodialisa. Diharapkan Poliklinik Hemodialisa RSUD Tangerang Selatan dapat lebih memberikan edukasi dan melakukan konseling gizi secara teratur mengenai diet ginjal pada pasien hemodialisa guna mendapatkan asupan zat gizi yang optimal dalam menunjang kebiasaan diet dan pola hidup yang lebih baik.

Kata Kunci : Pengetahuan Diet Ginjal, Energi, Protein, Fosfor, Kalium, Natrium, Hemodialisa

THE CORRELATION BETWEEN KNOWLEDGE OF KIDNEY DIET THERAPY WITH INTAKE OF ENERGY, PROTEIN, PHOSPHORUS, POTASSIUM, AND SODIUM IN CHRONIC KIDNEY DISEASE PATIENTS WITH HEMODIALYSIS IN RSU TANGERANG SELATAN

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Abstract

This study was conducted to determine the relationship between knowledge of kidney diet therapy with intake of energy, protein, phosphorus, potassium, and sodium in patients with chronic kidney disease on hemodialysis at South Tangerang General Hospital. This research is a cross sectional study. The research subjects were patients with chronic kidney disease who underwent routine hemodialysis. The number of subjects was 33 patients, taken by purposive sampling. Data on name, age, education level, duration of hemodialysis, history of nutritional counseling, and knowledge of renal diet therapy were obtained from questionnaires and patient medical records. Data on energy, protein, phosphorus, potassium, and sodium intake were measured by SQ-FFQ. Data analysis using Spearman test. The results of this study indicate that there is a significant relationship between knowledge of renal diet therapy and intake of energy, protein, and potassium ($p < 0.05$; $p = 0.000$) in patients with chronic kidney disease on hemodialysis. There was no significant relationship between knowledge of renal diet therapy with intake of phosphorus ($p < 0.05$; $p = 0.772$) and sodium ($p < 0.05$; $p = 0.423$) in patients with chronic kidney disease on hemodialysis. It is hoped that the Hemodialysis Polyclinic of South Tangerang General Hospital can provide more education and conduct regular nutritional counseling regarding kidney diet in hemodialysis patients in order to obtain optimal nutritional intake to support better dietary habits and lifestyle.

Keyword : Knowledge of Kidney Diet, Energy, Protein, Phosphorus, Potassium, Sodium, Hemodialysis