

ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI INTRADIALYTIC STRETCHING EXERCISE TERHADAP PENURUNAN KRAM OTOT PADA PASIEN YANG MENJALANI HEMODIALISA DI RSPAD GATOT SOEBROTO

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Abstrak

Gagal ginjal kronik merupakan gangguan fungsi ginjal secara irreversibel dengan penurunan Laju Filtrasi Glomerulus (LFG) <60ml/menit. Hemodialisis merupakan terapi pengganti ginjal pada penderita gagal ginjal kronik stadium akhir. Hemodialisa dapat menyebabkan berbagai komplikasi salah satunya adalah kram otot. Kram otot intradialisis merupakan gejala yang menimbulkan rasa tidak nyaman karena adanya ketidakseimbangan elektrolit maupun beberapa faktor lainnya oleh sebab itu, penderita gagal ginjal kronik yang mengalami kram otot selama hemodialisis dapat diberikan terapi intradialytic stretching exercise. Tujuan asuhan keperawatan yang diberikan adalah untuk mengetahui efektivitas terapi tambahan nonfarmakologis berupa intradialytic stretching exercise terhadap penurunan kram otot pasien gagal ginjal kronik yang menjalani hemodialisa di RSPAD Gatot Soebroto. Instrumen yang digunakan dalam pengukuran tingkat kram otot yaitu Cramp Questionnaire Chart. Hasil yang diperoleh dari pemberian asuhan keperawatan dengan intervensi inovasi selama 3 kali pertemuan didapatkan bahwa berkurangnya 5 skor tingkat kram dari skor 9 (kram berat) ke skor 4 (kram ringan). Dalam penelitian ini disimpulkan bahwa intradialytic stretching exercise efektif untuk menurunkan kram otot pasien gagal ginjal kronik yang menjalani hemodialisa.

Kata Kunci: Gagal Ginjal Kronik, Hemodialisa, Intradialytic Stretching Exercise, Kram Otot

ANALYSIS NURSING CARE WITH INTERVENTION OF INTRADIALYTIC STRETCHING EXERCISE TO REDUCE MUSCLE CRAMP IN PATIENTS UNDERGOING HEMODIALYSIS AT THE GATOT SOEBROTO ARMY HOSPITAL

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Abstract

Chronic Kidney Disease (CKD) is an irreversible kidney function disorder with a decrease in glomerular filtration rate (GFR) <60 ml/minute. Hemodialysis is a kidney replacement therapy for patients with end-stage chronic renal failure. Hemodialysis can cause various complications, one of them is muscle cramps. Intradialytic muscle cramps are a symptom that causes discomfort due to electrolyte conflicts and several other factors. Therefore, patients with chronic renal disease who facing muscle cramps during hemodialysis can be given intradialytic stretching exercise therapy. The purpose of the nursing care providing is to determine the effectiveness of non-pharmacological adjunctive therapy of intradialytic stretching exercises to reduce muscle cramps in chronic kidney disease patients undergoing hemodialysis at the Gatot Soebroto Army Hospital. The instrument used in measuring the level of muscle cramps is the Cramp Questionnaire Chart. The results obtained from the provision of nursing care with innovative interventions for 3 times in a week showed that the cramp level score was reduced 5 score from score 9 (severe cramps) to score 4 (mild cramps). In this study, it can be concluded that intradialytic stretching exercises is effective to reduce muscle cramps in chronic kidney disease patients undergoing hemodialysis.

Keywords: Chronic Kidney Disease, Hemodialysis, Muscle Cramp, Intradialytic Stretching Exercise