

DAFTAR PUSTAKA

- Achwan, A., & Laksono, A. B. B. 2021. Breathing And Stretching Exercises Affect The Decrease in The Intensity of Leg Cramp Pain. *Jurnal Ilmu Dan Teknologi Kesehatan*, 8(2), 182–192. <https://doi.org/10.32668/jitek.v8i2.539>
- Albadr, A., Azer, S., Abd Elhamed, N., & Mostafa, N. 2020. Effect of Intradialytic Hemodialysis Exercises on Fatigue and Leg cramps. *Assiut Scientific Nursing Journal*, 8(20), 131–140. <https://doi.org/10.21608/asnj.2020.80746>
- Aliasgharpour, M., Abbasi, Z., Razi, S. P., & Kazemnezhad, A. 2016. *The Effect of Stretching Exercises on Severity of Restless Legs Syndrome in Patients on Hemodialysis*. 7(2). <https://doi.org/10.5812/asjrm.31001>.Research
- Anak, A. A. E. C., Didik, P., Moh, F. A., & Diah, P. 2022. 1819-Article Text-4630-1-10-20220714. *Jurnal Ilmiah Hospitality* 661, 11(1), 661–666. <http://stp-mataram.e-journal.id/JIH>
- Anjalidevi k Yadav, D. R. L. 2022. Effectiveness of Intradialytic Stretching Exercises on Reduction of Muscle Cramps Among Patients Undergoing Hemodialysis at A Selected Hospital, Navi Mumbai. *European Journal of Molecular & Clinical Medicine*, 09(08), 1269–1279. <https://doi.org/10.9790/1959-0602044753>
- Arnold, R., Issar, T., Krishnan, A. V, & Pussell, B. A. 2016. Neurological complications in chronic kidney disease. *JRSM Cardiovascular Disease*, 5, 204800401667768. <https://doi.org/10.1177/2048004016677687>
- Badan Litbang Kesehatan, K. K., & RI. 2018. *Laporan nasional RKD 2018 final. In Badan Penelitian dan Pengembangan Kesehatan (hal. 198)*. http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf
- Basemath S.S. Morris. 2014. Evaluatef A Effect of Intradialytic Stretching Exercise on Muscle cramps among patients undergoing Hemodialysis. *Tamil Nadu Nurses and Midwife Council Journal of Medical and Surgical Nursing*, 2(8), 11.
- Baskoro, F. 2016. Pemanasan Fisik Menurunkan Kejadian Kram Otot Triceps Suraepada Atlet Renang Physical Heating Reduces Genesis of Triceps Surae Muscle Cramps in Swimming Athletes. *Magna Medika*, 02(October), 71–75. <https://doi.org/10.1111/j.1365-2745.2009.01572.x>
- BC Renal Agency. 2017. *Management of MUSCLE CRAMPS in Patients with Chronic Kidney Disease Management of MUSCLE CRAMPS in Patients with Chronic Kidney Disease*. 3–5.

- Bhuvaneswari, P. G., Tamilselvi, S., Harini, J., Harshini, J., & Parameshwari, R. 2022. A study to assess the effectiveness of Intradialytic Stretching Exercises on Leg Muscle Cramp among Hemo Dialysis. *Cardiometry*, 17(23), 97–102. <https://doi.org/10.18137/cardiometry.2022.23.97102>
- Bian, Z., Gu, H., Chen, P., & Zhu, S. 2019. Comparison of prognosis between emergency and scheduled hemodialysis. *Journal of International Medical Research*, 47(3), 1221–1231. <https://doi.org/10.1177/0300060518807092>
- BPJS Kesehatan RI. 2022. *Hari Ginjal Internasional, BPJS Kesehatan Tingkatkan Kualitas Layanan Gagal Ginjal*. <https://www.bpjs-kesehatan.go.id/bpjs/post/read/2022/2221/Hari-Ginjal-Internasional-BPJS-Kesehatan-Tingkatkan-Kualitas-Layanan-Gagal-Ginjal>
- Daugirdas, T. J. 2017. *Handbook of Dyalisis* (4th ed.). International Society of Nephrology.
- Debieanti, E. . 2022. *Asuhan Keperawatan Pada Pasien CKD (Chronic Kidney Disease) Di Ruang C2 RSPAL Dr.Ramelan Surabaya*. Karya Tulis Ilmiah: STIKKES Hang Tuah Surabaya.
- Departemen Kesehatan RI. 2019. *Hemodialisis Adalah: Pengertian, Arti dan Definisinya*. [Www.Depkes.Org. https://www.depkes.org/blog/hemodialisis/#:~:text=Hemodialisis adalah cuci darah%3B sebuah prosedur medis yang,dalam tingkat difusi melalui membran semipermeabel %28membran dialisis%29](https://www.depkes.org/blog/hemodialisis/#:~:text=Hemodialisis adalah cuci darah%3B sebuah prosedur medis yang,dalam tingkat difusi melalui membran semipermeabel %28membran dialisis%29).
- Department of Health and Human Services U.S. 2021. *End Stage Renal Disease*. <https://usrds-adr.niddk.nih.gov>. <https://usrds-adr.niddk.nih.gov/2021/end-stage-renal-disease/2-home-dialysis>
- Elsedawy, A. E., Mohsen, M. M., El-Saidy, T. M., & Shehata, H. S. 2023. Effect of Intradialytic Stretching Exercises on Muscle Cramps among Elderly Patients Undergoing Hemodialysis. *Menoufia Nursing Journal Faculty of Nuring Menoufia University*, 8(1), 1–11. <https://menj.journals.ekb.eg>
- Firdaus, A. N. T., Waluyo, A., & Jumaiyah, W. 2022. Stretching Exercise Antar Waktu Dialisa Terhadap Skor Fatigue Stretching Exercise Between the Time of Dialysis for Fatigue Scores of Chronic Kidney Failure Patient At the General Hospital. *Jurnal Wacana Kesehatan*, 7.
- Galain, A. I., Dapueto, J. J., Alvarez, R., & Gadola, L. 2019. Prevalence of Symptoms and Symptom Clusters of Patients on Dialysis in Uruguay. *Value in Health Regional Issues*, 20, 28–35. <https://doi.org/10.1016/j.vhri.2018.10.003>
- Heimgartner, Nicole M., DNP, RN, C. 2021. *Clinical Companion for Medical_Surgical Nursing Concepts For Interprofessional Collaborative*

Ani Lestari, 2023

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

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Pendidikan Profesi Ners Program Profesi
[www.upnvj.ac.id – www.library.upnvj.ac.id – www.repository.upnvj.ac.id]

Care (10th ed.). Elsevier Health Sciences.

- Hibatullah. 2020. *Gambaran kejadian komplikasi hemodialisa di Instalasi Hemodialisis Rumah Sakit Umum Pusat Dr. Mohammad Hoesin Palembang*. Universitas Sriwijaya.
- Hidayat, A. . 2019. *Dokumentasi Keperawatan: Aplikasi Praktik Klinik* (Aulia Aziz (ed.); 1st ed.). Health Books Publishing.
- Hidayat, R., Azmi, S., & Pertiwi, D. 2016. Hubungan Kejadian Anemia dengan Penyakit Ginjal Kronik pada Pasien yang Dirawat di Bagian Ilmu Penyakit Dalam RSUP dr M Djamil Padang Tahun 2010. *Jurnal Kesehatan Andalas*, 5(3), 546–550. <https://doi.org/10.25077/jka.v5i3.574>
- Himmelfarb, J., & Sayegh, M. H. 2019. *Chronic kidney disease, dialysis, and transplantation*. In *Chronic Kidney Disease, Dialysis, and Transplantation* (Fourth Edi). Elsevier. <https://doi.org/10.1016/C2009-0-49595-3>
- Hinkle, J. L., & Cheever, K. H. 2018. *Brunner & Suddarth's Textbook of Medical-Surgical Nursing (14th ed.)*. Wolters Kluwer.
- Jancy & Parimala. 2020. Assess the Effect of Intradialytic Stretching Exercises to Reduce Leg Muscle Cramps among Patients Undergoing Hemodialysis in Selected Dialysis Unit of Ernakulum District. *International Journal of Nephrology and Kidney Failure*, 6(3), 1–6. <https://doi.org/10.16966/2380-5498.198>
- Johansen, K. L., Chertow, G. M., Foley, R. N., Gilbertson, D. T., Herzog, C. A., Ishani, A., Israni, A. K., Ku, E., Kurella Tamura, M., Li, S., Li, S., Liu, J., Obrador, G. T., O'Hare, A. M., Peng, Y., Powe, N. R., Roetker, N. S., St. Peter, W. L., Abbott, K. C., ... Wetmore, J. B. 2021. US Renal Data System 2020 Annual Data Report: Epidemiology of Kidney Disease in the United States. *American Journal of Kidney Diseases*, 77(4), A7–A8. <https://doi.org/10.1053/j.ajkd.2021.01.002>
- Juwita, L., & Kartika, I. R. 2019. Pengalaman Menjalani Hemodialisa Pada Pasien Gagal Ginjal Kronis. *Jurnal Endurance*, 4(1), 97. <https://doi.org/10.22216/jen.v4i1.3707>
- Kovesdy, C. P. 2022. Epidemiology of chronic kidney disease: an update 2022. *Kidney International Supplements*, 12(1), 7–11. <https://doi.org/10.1016/j.kisu.2021.11.003>
- Ladesvita, F. 2016. *Perbandingan efektifitas latihan range of motion (ROM) dengan latihan pedal intradialisis terhadap adekuasi hemodialisa pada pasien hemodialisa kronik*. Tesis. Fakultas Ilmu Keperawatan. Universitas Indonesia.
- Laxmipriya, D., & SA, R. 2020. Intradialytic Stretching Exercise for Muscle

Ani Lestari, 2023

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

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Pendidikan Profesi Ners Program Profesi
[www.upnvj.ac.id – www.library.upnvj.ac.id – www.repository.upnvj.ac.id]

- Cramps. *IJRAR - International Journal of Research and Analytical Reviews (IJRAR)*, 7(1), 265–267. <https://doi.org/10.1093/000355783>
- Lemone, P., Burke, K. M., Bauldoff, G., Gubrud-Howe, P., Levett-Jones, T., & Hales, M., ... Reid-Searl, K. 2017. *Medical-Surgical Nursing Critical Thinking For Person-Centred Care (3rd ed.)*. Pearson Australia.
- Mait, G., Nurmansyah, M., & Bidjuni, H. 2021. Gambaran Adaptasi Fisiologis Dan Psikologis Pada Pasien Gagal Ginjal Kronis Yang Menjalani Hemodialisis Di Kota Manado. *Jurnal Keperawatan*, 9(2), 1. <https://doi.org/10.35790/jkp.v9i2.36775>
- Mastnardo, D., Lewis, J. M., Hall, K., Sullivan, C. M., Cain, K., Theurer, J., Huml, A., & Sehgal, A. R. 2016. Intradialytic massage for leg cramps among hemodialysis patients: A pilot randomized controlled trial. *International Journal of Therapeutic Massage and Bodywork: Research, Education, and Practice*, 9(2), 3–8. <https://doi.org/10.3822/ijtmb.v9i2.305>
- Moeloek, N. F. 2018. *Air Bagi Kesehatan: Upaya Peningkatan Promotif Preventif Bagi Kesehatan Ginjal di Indonesia. Hari Ginjal Sedunia (World Kidney Day) 2018 dan Ulang Tahun PERSI*. Menteri Kesehatan Republik Indonesia. https://persi.or.id/wp-content/uploads/2018/04/materi_menkes.pdf
- Ms.Lekha., Abraham, D. E. J., & Malarvizhi, D. G. 2017. Effectiveness of Intradialytic Stretching Exercises on Prevention and Reduction of Muscle Cramps among Patients undergoing Haemodialysis at PSG Hospitals Coimbatore. *IOSR Journal of Nursing and Health Science*, 06(02), 47–53. <https://doi.org/10.9790/1959-0602044753>
- Nasution, S. H., Syarif, S., & Musyabiq, S. 2020. Penyakit Gagal Ginjal Kronis Stadium 5 Berdasarkan Determinan Umur, Jenis Kelamin, dan Diagnosa Etiologi di Indonesia Tahun 2018. *Jurnal Keperawatan UNILA*, 4(2), 157–160. https://doi.org/10.23960/jk_unila.v4i2.2885
- Natashia, D., Yen, M., Chen, H. M., & Fetzer, S. J. 2019. Self-Management Behaviors in Relation to Psychological Factors and Interdialytic Weight Gain Among Patients Undergoing Hemodialysis in Indonesia. *Journal of Nursing Scholarship*, 51(4), 417–426. <https://doi.org/10.1111/jnu.12464>
- Nuari & Widyanti, D. 2017. *Gangguan Pada Pekemihan Dan Penatalaksanaan Keperawatan* (1st ed.). CV Budi Utama.
- Nurfitriani, P., Kristinawati, B., & Prasetyo, H. J. 2020. Intradialytic Massage as the Evidence Based Nursing to Reduce Leg Cramps in Patients with Chronic Kidney Failure. *Jendela Nursing Journal*, 4(1), 1–6.
- Padolli, Rahmawati, B. A. 2017. Kejadian Komplikasi Intradialis Klien Gagal Ginjal Kronik Di Ruang Instalasi Hemodialisis RSUD Dr. M. Soewandhie.

Kejadian Komplikasi Intradialis Klien Gagal Ginjal Kronik Di Ruang Instalasi Hemodialisis RSUD Dr. M. Soewandhie, X(1), 26–32.
<http://doi.ac.id/index.php/KEP/article/view/762/587>

- Pakpahan, N. 2017. Komunikasi Terapeutik Dalam Hipnoterapi Pasien Gangguan Kecemasan (Anxiety Disorder) Di Glow Mind Klinik Hipnoterapi Pekanbaru. *Jom Fisip*, 4(2), 1–15.
- Pardede, J. A., Safitra, N., & Simanjuntak, E. Y. 2021. Konsep Diri Berhubungan Dengan Kejadian Depresi Pada Pasien Yang Menjalani Hemodialisa. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 5(3), 92.
<https://doi.org/10.32419/jppni.v5i3.240>
- Parwati, I. 2019. Asuhan Keperawatan Pada Klien Chronic Kidney Disease dengan Masalah Resik Gangguan Integritas Kulit di Rumah Sakit Panti Waluya Sawahan Malang. *Journal of Chemical Information and Modeling*, 53, 7017.
- Pasaribu. 2020. *Tanda & Gejala Klinis Penderita Gagal Ginjal Kronik yang Menjalani Terapi Hemodialisa Kurang dari 3 Bulan*. Skripsi. Medan Univ Sumatera Utara. Hal.1–84.
- Poornazari, Mahdi, Roshanzadeh, Mostafa, Mohammadi, Somayeh, Tajabadi, Ali Dehghani, Khadijeh, Parsa, S. 2019. Effect of Isotonic Exercise on the Frequency of Muscle Cramps in Hemodialysis Patients: A Clinical Trial. *Medical-Surgical Nursing Journal*, 8(1).
- Rahmat, A., Buaya, Y., Hulu, O., Ndruru, A., Anggeria, E., Keperawatan, F., & Kebidanan, D. 2022. Pengaruh Terapi Relaksasi Otot Progresif terhadap Penurunan Kram Otot pada Pasien Hemodialisa. *Jumantik*, 7(3), 276–284.
<https://doi.org/10.30829/jumantik.v7i3.11562>
- Rohaeti, S. E., Sutandi, A., Sari, E. A., Pratiwi, S. H., Platini, H., & H. 2020. Observasi Latihan Relaksasi Nafas Pada pasien chronic Kidney Diseases Dengan Fatigue. *Jurnal Perawat Indonesia*, 4(1), 67–74.
- Rohmawati, D. L., Yetti, K., & Sukmarini, L. 2020. Praktik Berbasis Bukti: Masase Intradialis Untuk Mengurangi Kram Otot Pada Pasien Hemodialisa. *Media Keperawatan: Politeknik Kesehatan Makassar*, 11(1), 14.
<https://doi.org/10.32382/jmk.v11i1.1524>
- Salem, S. S., & Elhadary, S. M. 2017. Effectiveness of Intra-dialytic Stretching Exercises on Leg Muscle Cramp among Hemodialysis Patients. *IOSR Journal of Nursing and Health Science*, 06(02), 47–53. <https://doi.org/10.9790/1959-0602094753>
- Shahgholian, N., Jazi, S. K., Karimian, J., & Valiani, M. 2016. The effects of two methods of reflexology and stretching exercises on the severity of restless leg syndrome among hemodialysis patients. *Iranian Journal of Nursing and*

Midwifery Research, 21(03), 219–224. <https://doi.org/10.4103/1735-9066.180381>

Shraida, A. A., Abd-ali, D. K., & Mohammad, H. Q. 2021. Effectiveness of Intradialytic Stretching Exercises on Prevention and Reduction of Leg Muscle Cramps among Patients undergoing Hemodialysis : Randomized Controlled. *Indian Journal of Forensic Medicine & Toxicology*, 15(3), 5132–5140.

Siregar, C.2020. *Buku Ajar Manajemen Komplikasi Pasien Hemodialisa* (Reni Asmara Ariga (ed.); Pertama). Deepublish.

Sitanggang. 2018. Tujuan evaluasi dalam keperawatan. *Journal Proses Dokumentasi Asuhan Keperawatan*, 1(5), 1–23.

Suparmo, S., & Daniel Hasibuan, M. T. 2021. Hubungan Kepatuhan Pembatasan Cairan Terhadap Terjadinya Edema Post Hemodialisa Pada Pasien Gagal Ginjal Kronik Di Rumah Sakit Aminah Kota Tangerang. *Indonesian Trust Health Journal*, 4(2), 522–528. <https://doi.org/10.37104/ithj.v4i2.88>

Thomas, N., Chalmers, C., Murphy, F., Fielding, C & Worsley, L. 2019. *Renal Nursing : Care And Management Of People With Kidney Disease* (5th editio). Willy-Blackwell.

Tim Pokja SDKI DPP PPNI. 2017. *Standar Diagnosis Keperawatan Indonesia: Definisi dan Indikator Diagnostik* (Edisi 1 Ce). DPP PPNI.

Tim Pokja SIKI DPP PPNI. 2018. *Standar Intervensi Keperawatan Indonesia* (Edisi (II)). DPP PPNI.

Widyaningrum. 2019. *Mengurangi Kram Otot Dengan Intradialytic Stretching Exercise*. Poltekkes Kemenkes Semarang.

World Kidney Day. 2022. *Chronic Kidney Disease*. www.Worldkidneyday.Org. <https://www.worldkidneyday.org/facts/chronic-kidney-disease/>