

HUBUNGAN *INTERDIALYTIC WEIGHT GAIN* (IDWG) DAN TINGKAT KELELAHAN TERHADAP ADEKUASI DIALISIS PADA PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RUMAH SAKIT PUSAT PERTAMINA

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Abstrak

Hemodialisis merupakan terapi penggantian ginjal yang paling banyak digunakan di Indonesia. Komplikasi yang dapat terjadi selama hemodialisis meliputi peningkatan berat badan antara dua sesi dialisis (*interdialisis*) dan kejadian kelelahan selama proses dialisis (*intradialisis*). Keefektifan terapi hemodialisis dievaluasi melalui perhitungan adekuasi dialisis Kt/V , yaitu rasio klirens ureum terhadap volume distribusi ureum. Penelitian ini bertujuan menganalisis hubungan *interdialytic weight gain* (IDWG) dan tingkat kelelahan terhadap adekuasi dialisis pada pasien gagal ginjal kronik yang menjalani hemodialisis di Rumah Sakit Pusat Pertamina. Penelitian kuantitatif ini menggunakan metode *purposive sampling* dengan jumlah sampel sebanyak 90 responden. Data dikumpulkan menggunakan lembar observasi dan kuesioner *Piper Fatigue Scale* (PFS). Hasil penelitian menunjukkan hubungan antara IDWG dan adekuasi dialisis (p -value 0,008) dengan koefisien Pearson ($r=0,278$), yang menunjukkan kekuatan hubungan sedang dan berpola positif. Namun, tidak ditemukan hubungan signifikan antara tingkat kelelahan dan adekuasi dialisis (p -value 0,151). Selain itu, ditemukan hubungan pada faktor *confounding* seperti durasi dialisis, kecepatan aliran darah, dan ultrafiltrasi terhadap adekuasi dialisis (p -value 0,001; 0,003; 0,006).

Kata kunci: Adekuasi Dialisis, *Interdialytic Weight Gain*, Tingkat Kelelahan, Gagal Ginjal Kronik, Hemodialisis

THE RELATIONSHIP BETWEEN INTERDIALYTIC WEIGHT GAIN (IDWG) AND FATIGUE LEVELS ON DIALYSIS ADEQUACY IN CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING HEMODIALYSIS AT PERTAMINA CENTRAL HOSPITAL

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Abstract

Hemodialysis is the most commonly used renal replacement therapy in Indonesia. Complications that may occur during hemodialysis include weight gain between two dialysis sessions (interdialysis) and fatigue during the dialysis process (intradialysis). The effectiveness of hemodialysis therapy is evaluated by calculating dialysis adequacy (Kt/V), which is the ratio of urea clearance to the volume of urea distribution. This study aims to analyze the relationship between interdialytic weight gain (IDWG) and fatigue levels on dialysis adequacy in chronic kidney failure patients undergoing hemodialysis at Pertamina Central Hospital. This quantitative study used purposive sampling with a sample size of 90 respondents. Data were collected using observation sheets and the Piper Fatigue Scale (PFS) questionnaire. The results showed a relationship between IDWG and dialysis adequacy (p-value < 0,05) with a Pearson coefficient ($r=0,278$), indicating a moderate and positive correlation. However, no significant relationship was found between fatigue levels and dialysis adequacy (p-value 0,151). Additionally, relationships were found with confounding factors such as dialysis duration, blood flow rate, and ultrafiltration on dialysis adequacy (p-value 0,001; 0,003; 0,006).

Keywords: Dialysis Adequacy, Interdialytic Weight Gain, Fatigue Levels, Chronic Kidney Failure, Hemodialysis