

HUBUNGAN *INTERDIALYTIC WEIGHT GAIN* DENGAN HIPERTENSI INTRADIALISIS PADA PASIEN HEMODIALISIS DI RSUD KOTA DEPOK

Afitiani Maghfiroh

Abstrak

Salah satu komplikasi pada proses hemodialisis yaitu hipertensi intradialisis. Pasien hemodialisis juga sering mengalami peningkatan *interdialytic weight gain* (IDWG). IDWG dan hipertensi intradialisis, masing-masing berkaitan dengan tingkat mortalitas maupun morbiditas pasien. Penelitian ini dilakukan untuk mengetahui hubungan *interdialytic weight gain* dengan hipertensi intradialisis pada pasien hemodialisis di RSUD Kota Depok. Metode penelitian ini adalah kuantitatif dengan desain *cross sectional*. Sebanyak 92 pasien hemodialisis yang memenuhi kriteria inklusi dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner karakteristik responden, lembar penilaian IDWG, serta lembar observasi tekanan darah sistolik intradialisis. Hasil penelitian menunjukkan 37% responden berusia 55-64 tahun; 53.3% adalah perempuan; 48.9% memiliki tingkat pendidikan terakhir SMA; 76.1% responden tidak bekerja; 75% responden dengan status ekonomi <Rp4.878.612,00 (di bawah UMK Depok); 44.6% dari suku Betawi; 80.4% memiliki riwayat hipertensi; 52.2% sudah menjalani hemodialisis selama 6-12 bulan; 54.3% memiliki komorbiditas ≥ 2 penyakit; 59.8% mengonsumsi ≥ 2 obat anti hipertensi; dan 81.5% asupan cairannya ≥ 500 ml per hari. Berdasarkan uji korelasi Spearman, terdapat hubungan *interdialytic weight gain* dengan hipertensi intradialisis pada pasien hemodialisis di RSUD Kota Depok ($p = 0.014$; $r = 0.255$). Pemantauan IDWG dan kejadian hipertensi intradialisis penting untuk diperhatikan agar dampaknya dapat dicegah, sehingga tingkat mortalitas dan morbiditas pasien tidak meningkat kedepannya.

Kata kunci: Hemodialisis, Hipertensi Intradialisis, IDWG, *Interdialytic Weight Gain*

THE RELATIONSHIP BETWEEN INTERDIALYTIC WEIGHT GAIN AND INTRADIALYSIS HYPERTENSION IN HEMODIALYSIS PATIENTS AT DEPOK CITY HOSPITAL

Afitiani Maghfiroh

Abstract

One of the complications in the hemodialysis process is intradialysis hypertension. Hemodialysis patients also often experience increased interdialytic weight gain (IDWG). IDWG and intradialysis hypertension are each associated with patient mortality and morbidity. This study was conducted to determine the relationship between interdialytic weight gain and intradialysis hypertension in hemodialysis patients at Depok City Hospital. This research method is quantitative with cross sectional design. A total of 92 hemodialysis patients who met the inclusion criteria were selected using purposive sampling technique. Data were collected using a respondent characteristics questionnaire, IDWG scoring sheet, and intradialysis systolic blood pressure observation sheet. The results showed that 37% of respondents were 55-64 years old; 53.3% were female; 48.9% had a high school education; 76.1% of respondents did not work; 75% of respondents had an economic status of <Rp4,878,612.00 (below Depok's minimum wage); 44.6% were of Betawi ethnicity; 80.4% had a history of hypertension; 52.2% had undergone hemodialysis for 6-12 months; 54.3% had ≥ 2 comorbidities; 59.8% took ≥ 2 anti-hypertensive drugs; and 81.5% had a fluid intake of ≥ 500 ml per day. Based on Spearman correlation test, there was a relationship between interdialytic weight gain and intradialysis hypertension in hemodialysis patients at Depok City Hospital ($p = 0.014$; $r = 0.255$). Monitoring IDWG and the incidence of intradialysis hypertension is important to pay attention to so that its impact can be prevented, so that the mortality and morbidity rates of patients do not increase in the future.

Keyword: Hemodialysis, IDWG, Interdialytic Weight Gain, Intradialysis Hypertension