

HUBUNGAN TEKANAN DARAH INTRADIALISIS DAN KADAR HEMOGLOBIN DENGAN KEJADIAN *FATIGUE* PADA PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSUD TARAKAN JAKARTA

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Abstrak

Pasien hemodialisis seringkali mengalami ketidakstabilan hemodinamik, seperti fluktuasi tekanan darah dan kadar hemoglobin yang dapat memperburuk *fatigue* dan menurunkan kualitas hidup. Meskipun terapi hemodialisis berdampak besar, efek samping seperti kelelahan fisik yang perlu diperhatikan. Penelitian ini bertujuan menganalisis hubungan antara tekanan darah intradialisis dan kadar hemoglobin dengan kejadian *fatigue*. Desain penelitian kuantitatif *cross sectional* menggunakan metode *total sampling* dengan 73 responden yang memenuhi kriteria. Data dikumpulkan melalui observasi tekanan darah intradialisis, pengukuran kadar hemoglobin, dan kuesioner FACIT. Hasil menunjukkan responden berusia rata-rata 51 tahun, mayoritas laki-laki (57,5%), sebagian besar berpendidikan SMA (54,8%) dan tidak bekerja (45,2%). Hipertensi diderita 32,9% dengan rata-rata lama menjalani hemodialisis 34 bulan, rata-rata IDWG 2,98% serta kadar hemoglobin rata-rata 9,7 g/dL. Peneliti menemukan hubungan antara tekanan darah sistolik pada jam ke-5 intradialisis dan *fatigue* (p-value 0,005, $r = 0,327$) hubungan sedang dan berpola positif, serta kadar hemoglobin dan *fatigue* (p-value 0,017, $r = -0,278$) hubungan cukup lemah dan berpola negatif. Tidak ditemukan hubungan signifikan pada tekanan darah sistolik jam ke 1-4 dan diastolik pada jam ke 1-5 dengan *fatigue* (p-value > 0,005). Temuan ini menunjukkan pentingnya pengelolaan tekanan darah dan kadar hemoglobin yang optimal selama dialisis untuk meningkatkan kualitas hidup pasien hemodialisis dan mengurangi *fatigue*.

Kata Kunci: *Fatigue*, Hemodialisis, Kadar Hemoglobin, Tekanan Darah Intradialisis

RELATIONSHIP BETWEEN INTRADIALYTIC BLOOD PRESSURE AND HEMOGLOBIN LEVELS IN THE OCCURRENCE OF FATIGUE AMONG CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT RSUD TARAKAN JAKARTA

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Abstract

Hemodialysis patients often experience hemodynamic instability, such as fluctuations in blood pressure and hemoglobin levels that can worsen fatigue and reduce quality of life. Although hemodialysis therapy has a major impact, side effects such as physical fatigue need to be considered. This study aims to analyze the relationship between intradialysis blood pressure and hemoglobin levels with the incidence of fatigue. The quantitative cross-sectional study design used a total sampling method with 73 respondents who met the criteria. Data were collected through intradialysis blood pressure observations, hemoglobin level measurements, and the FACIT questionnaire. The results showed that respondents had an average age of 51 years, the majority were male (57.5%), most had a high school education (54.8%) and were unemployed (45.2%). Hypertension was suffered by 32.9% with an average duration of hemodialysis of 34 months, an average IDWG of 2.98% and an average hemoglobin level of 9.7 g/dL. Researchers found a relationship between systolic blood pressure at 5 hours intradialysis and fatigue (p-value 0.005, r = 0.327) moderate relationship and positive pattern, and hemoglobin levels and fatigue (p-value 0.017, r = -0.278) quite weak relationship and negative pattern. No significant relationship was found between systolic blood pressure at 1-4 hours and diastolic blood pressure at 1-5 hours with fatigue (p-value > 0.005). These findings indicate the importance of optimal blood pressure and hemoglobin levels management during dialysis to improve the quality of life of hemodialysis patients and reduce fatigue.

Keywords: *Fatigue, Hemodialysis, Hemoglobin Levels, Intradialytic Blood Pressure*