

**ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN  
INTRADIALYTIC EXERCISE TERHADAP PENURUNAN  
HIPERTENSI INTRADIALISIS  
DI RUANG HEMODIALISIS**

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**Abstrak**

Sebanyak 60% pasien gagal ginjal kronis memilih hemodialisis sebagai terapi pengganti fungsi ginjal. Proses dan mekanisme hemodialisis dapat menimbulkan beberapa komplikasi, salah satunya hipertensi intradialisis. Hipertensi intradialisis didefinisikan sebagai peningkatan tekanan darah sistolik di atas 10 mmHg. Hipertensi intradialisis yang tidak tertangani dapat menimbulkan komplikasi pada sistem kardiovaskular, meningkatkan kejadian morbiditas, hingga mortalitas pada pasien. Perawat dalam memberikan asuhan keperawatan dapat memberikan intervensi mandiri yang bersifat non farmakologis. Salah satu intervensi non farmakologis yang dapat dilakukan adalah *intradialytic exercise*. Intervensi *intradialytic exercise* adalah bentuk latihan fisik khusus yang diintegrasikan ke dalam proses hemodialisis, mencakup semua gerakan aktif dan pasif terutama pada ekstremitas, serta mencakup latihan aerobik dan latihan ketahanan yang disesuaikan dengan kemampuan dan kondisi kesehatan individu. Prosedur *intradialytic exercise* dilakukan pada jam pertama dan kedua sesi hemodialisis selama 20 menit dalam 4 sesi atau 2 minggu. Hipertensi intradialisis diukur menggunakan *sphygmomanometer* digital yang telah terkalibrasi dan lembar observasi tekanan darah intradialisis. Hasil menunjukkan terdapat penurunan hipertensi intradialisis pada pasien kelolaan maupun pasien resume.

**Kata Kunci** : Gagal Ginjal Kronis, GGK, Hemodialisis, HD, Hipertensi Intradialisis, *Intradialytic Exercise*

# **ANALYSIS OF NURSING CARE WITH THE APPLICATION OF INTRADIALYTIC EXERCISE TO REDUCE INTRADIALYSIS HYPERTENSION IN THE HEMODIALYSIS ROOM**

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## **Abstract**

As many as 60% of chronic renal failure patients choose hemodialysis as a replacement therapy for kidney function. The process and mechanism of hemodialysis can cause several complications, one of which is intradialysis hypertension. Intradialysis hypertension is defined as an increase in systolic blood pressure above 10 mmHg. Untreated intradialysis hypertension can cause complications in the cardiovascular system, increase the incidence of morbidity, and mortality in patients. Nurses in providing nursing care can provide independent interventions that are non-pharmacological in nature. One of the non-pharmacological interventions that can be done is intradialytic exercise. Intradialytic exercise intervention is a special form of physical exercise integrated into the hemodialysis process, including all active and passive movements, especially in the extremities, and includes aerobic exercise and resistance training tailored to the abilities and health conditions of the individual. The intradialytic exercise procedure was performed in the first and second hours of hemodialysis sessions for 20 minutes in 4 sessions or 2 weeks. Intradialysis hypertension was measured using a calibrated digital sphygmomanometer and intradialysis blood pressure observation sheet. The results showed a decrease in intradialysis hypertension in both managed and resume patients.

**Keywords** : Chronic Kidney Failure, Hemodialysis, Intradialysis Hypertension, Intradialytic Exercise