

DAFTAR PUSTAKA

- Afianti, N., & Mardhiyah, A. (2017). Pengaruh Foot Massage terhadap Kualitas Tidur Pasien di Ruang ICU The effect of Foot Massage on Sleep Quality of in ICU Rooms ' Patients. *Jkp*, 4(3), 576–580.
- Anggraini, D. (2022). Aspek Klinis Dan Pemeriksaan Laboratorium Penyakit Ginjal Kronik. *An-Nadaa Jurnal Kesehatan Masyarakat*, 9(2), 236. <https://doi.org/10.31602/ann.v9i2.9229>
- Bagchi, I. (2020). Effectiveness of Intradialytic Stretching Exercise on Pain due to Muscle Cramps among Patients Undergoing Haemodialysis at a Selected Tertiary Care Hospital Bhubaneswar, Odisha. *Nursing Journal of India*, CXI(02), 85–90. <https://doi.org/10.48029/nji.2020.cxi207>
- Beerappa, H., & Chandrababu, R. (2019). Adherence to dietary and fluid restrictions among patients undergoing hemodialysis: An observational study. *Clinical Epidemiology and Global Health*, 7(1), 127–130. <https://doi.org/10.1016/j.cegh.2018.05.003>
- Bowen, C., Draper, L., & Moore, H. (2024). *Fundamentals of Nursing*. OpenStax.
- CDC. (2023). Chronic Kidney Disease in the United States. *Advances in Surgical and Medical Specialties*, March 2020, 167–182.
- Chowdhury, G. R. (2022). Muscles Cramp And Sleep Disturbances Among Hemodialysis Patients. *Journal of Pharmaceutical Negative Results*, 10(1), 2958–2962. <https://doi.org/10.47750/pnr.2022.13.s09.363>
- Darmawan, I. P. E., Nurhesti, P. O. ., & Suardana, I. K. (2019). Hubungan Lamanya Menjalani Hemodialisis dengan Fatigue pada Pasien Chronic Kidney Disease. *Community of Publishin in Nursing (COPING)*, 7(3), 139–146.
- Daugirdas, J. T., Blake, P. G., & Ing, T. S. (2015). *Handbook of Dialysis (Fifth Edition)*. Wolters Kluwer Health.
- Elmetwaly, A. A. M., Abdelkhalek, W. S. S., Ibrahim, A. M., & Mohamed, E. M. H. (2023). Reflexology: Golden Foot Massage on Leg Cramps for Hemodialysis Patients. *International Egyptian Journal of Nursing Sciences and Research*, 0(0), 0–0. <https://doi.org/10.21608/ejnsr.2023.211028.1298>
- Farrell, M. (2017). *Smeltzer & Bare's Textbook of Medical- Surgical Nursing: Volume 2*. Wolters Kluwer Health.
- Feehally, J., Floege, J., Tonelli, M., & Johnson, R. J. (2019). Comprehensive Clinical Nephrology Sixth Edition. In *Elsevier*. <https://doi.org/10.1111/j.1365-2125.2007.02917.x>

- Firdaus, A. N. T., Waluyo, A., & Jumaiyah, W. (2022). Stretching Exercise Between the Time of Dialysis for Fatigue Scores of Chronic Kidney Failure Patient At the General Hospital of Ciamis District. *Jurnal Wacana Kesehatan Universitas Muhammadiyah Cirebon*, 7(1), 32–40.
- Gilbert, S. J., & Weiner, D. E. (2018). *Primer on Kidney Diseases*. Elsevier.
- Grandinetti, A., Hilliard-Boone, T. S., Wilund, K. R., Logan, D., St Peter, W. L., Wingard, R., Tentori, F., Keller, S., West, M., Lacson, E., & Richardson, M. M. (2023). Patient Perspectives of Skeletal Muscle Cramping in Dialysis: A Focus Group Study. *Kidney360*, 4(6), 734–743. <https://doi.org/10.34067/KID.000000000000121>
- Han, Q., Liu, B., Lin, S., Li, J., Liang, P., Fu, S., Zheng, G., Yang, S., Li, B., & Yang, Q. (2021). Pittsburgh Sleep Quality Index score predicts all-cause mortality in Chinese dialysis patients. *International Urology and Nephrology*, 53(11), 2369–2376. <https://doi.org/10.1007/S11255-021-02842-6>
- Indonesia Renal Registry. (2018). *11th report Of Indonesian renal registry 2018*.
- Jameson, J. L., & Loscalzo, J. (2014). Harrison’s Nephrology and Acid-Base Disorders. In *Paper Knowledge . Toward a Media History of Documents*. McGraw Hill Education.
- Kao, H. Y., Chang, C. C., Chang, C. F., Chen, Y. C., Cheewakriangkrai, C., & Tu, Y. L. (2022). Associations between Sex and Risk Factors for Predicting Chronic Kidney Disease. *International Journal of Environmental Research and Public Health*, 19(3), 1–11. <https://doi.org/10.3390/ijerph19031219>
- KDOQI. (2015). *KDOQI Clinical Practice Guideline for Hemodialysis Adequacy: 2015 Update*. 66(5), 884–930. <https://doi.org/10.1053/j.ajkd.2015.07.015>
- Kemendes RI. (2018). *Riset Kesehatan Dasar*.
- Kim, I. S., Kim, S., Yoo, T.-H., & Kim, J.-K. (2023). Diagnosis and treatment of hypertension in dialysis patients: a systematic review. *Clinical Hypertension*, 29(1), 1–12. <https://doi.org/10.1186/s40885-023-00240-x>
- Kim, Y. L., & Kawanishi, H. (2018). The Essentials of Clinical Dialysis. In *Springer*. <https://doi.org/10.1007/978-981-10-1100-9>
- Kot, G., Wróbel, A., Kuna, K., Makówka, A., & Nowicki, M. (2024). The Effect of Muscle Cramps During Hemodialysis on Quality of Life and Habitual Physical Activity. *Medicina (Lithuania)*, 60(12), 1–12. <https://doi.org/10.3390/medicina60122075>
- Lenggogeni, D. P., Malini, H., Maisa, E. A., & Mahathir, M. (2024). How hemodialysis patients manage dietary and fluid intake? A descriptive

- qualitative study. *Jurnal Keperawatan Padjadjaran*, 12(2), 162–171. <https://doi.org/10.24198/jkp.v12i2.2381>
- Levy, J., Brown, E., & Lawrence, A. (2016). Oxford Handbook of Dialysis. In *Oxford University Press*. <https://doi.org/10.1093/med/9780199644766.001.0001>
- Lewis, S. L., Dirksen, S. R., Heitkemper, M. M., & Bucher, L. (2014). *Medical-Surgical Nursing Assessment and Management of Clinical Problems*. Elsevier.
- Lufiyani, I., Zahra, A. N., & Yona, S. (2019). Factors related to insomnia among end-stage renal disease patients on hemodialysis in Jakarta, Indonesia. *Enfermeria Clinica*, 29, 331–335. <https://doi.org/10.1016/j.enfcli.2019.04.141>
- Mustofa, S., Kartinah, K., & Kristini, P. (2023). Gambaran Kualitas Tidur Pada Pasien Gagal Ginjal Kronik. *Jurnal Perawat Indonesia*, 6(3), 1196–1200. <https://doi.org/10.32584/jpi.v6i3.1868>
- Nafsiyah, Z., Susanto, G., & Wardoyo, E. (2025). Faktor-Faktor yang Mempengaruhi Kualitas Tidur Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisis di RSUD Jendral Ahmad Yani Metro Provinsi Lampung. *Health Research Journal of Indonesia*, 3(4), 233–240.
- Nasiri, M., Abbasi, M., Khosroabadi, Z. Y., Saghafi, H., Hamzeei, F., Amiri, M. H., & Yusefi, H. (2019). Short-term effects of massage with olive oil on the severity of uremic restless legs syndrome: A double-blind placebo-controlled trial. *Complementary Therapies in Medicine*, 44(June 2018), 261–268. <https://doi.org/10.1016/j.ctim.2019.05.009>
- Nurchayati, M., Yulia, & Sukmarini, L. (2024). Pengaruh Latihan Peregangan Otot Intradialisis terhadap Kram Otot. *Journal of Telenursing (JOTING)*, 6(1), 1465–1471. <https://doi.org/10.31539/joting.v6i1.9620>
- 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. <https://doi.org/10.31983/jnj.v4i1.5622>
- Nurhayati, I., Hamzah, A., Erlina, L., & Rumahorbo, H. (2022). Gambaran Kualitas Tidur Pada Pasien Gagal Ginjal Kronik Yang Menjalani Terapi Hemodialisa: Literature Review. *Jurnal Keperawatan Indonesia Florence Nightingale*, 1(1), 38–51. <https://doi.org/10.34011/jkifn.v1i1.114>
- Oshvandi, K., Letomi, F. M., Soltanian, A. R., & Shamsizadeh, M. (2021). The effects of foot massage on hemodialysis patients ' sleep quality and restless leg syndrome : a comparison of lavender and sweet orange essential oil topical application. *Journal of Complementary and Integrative Medicine*.

- Parlak, A. G., & Akgün Şahin, Z. (2024). The effect of the massage on cramp frequency, cramp severity, and sleep quality of hemodialysis patients: A randomized controlled trial. *Hemodialysis International*, *October 2023*, 405–418. <https://doi.org/10.1111/hdi.13169>
- PERNEFRI. (2003). Konsensus Dialisis. In *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9).
- PERNEFRI. (2013). Konsensus Nutrisi Pada Penyakit Ginjal Kronik. In *PERNEFRI* (Vol. 53, Issue 9).
- Polopadang, V., & Hidayah, N. (2019). *Proses Keperawatan: Pendekatan Teori dan Praktik*. Yayasan Pemberdayaan Masyarakat Indonesia Cerdas Redaksi:
- Portolés, J., Martín, L., Broseta, J. J., & Cases, A. (2021). Anemia in Chronic Kidney Disease: From Pathophysiology and Current Treatments, to Future Agents. *Frontiers in Medicine*, *8*(March), 1–14. <https://doi.org/10.3389/fmed.2021.642296>
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. M. (2021). *Fundamentals of Nursing Tenth Edition*. Elsevier.
- Purnamawati, D., Sukyati, I., & Simanjuntak, M. (2023). Effect of Progressive Muscle Relaxation on Fatigue and Sleep Quality in Children Undergoing Hemodialysis. *Alexandria Scientific Nursing Journal*, *25*(1), 102–112. <https://doi.org/10.21608/asalexu.2023.300015>
- Rahmah, A. N., Sari, E. A., & Fitria, N. (2023). Management of Hypervolemia In Chronic Kidney Disease Stage 5 At Sumedang Hospital: A Case Study. *Padjadjaran Acute Care Nursing Journal*, *3*.
- Ramadhan, M. P., Masfi, A., Aditya, R. S., Sunaryo, E. Y. A. B., Rahmatika, Q. T., Widjayanti, Y., Evi, N., & Afiani, N. (2023). Interdialytic weight gains dan kram otot selama penarikan cairan pasien hemodialisis. *Jurnal Keperawatan Muhammadiyah*, *8*(2), 103–109.
- Ramadhan, M. P., Yetti, K., Herawati, T., Adam, M., & Masfi, A. (2023). Gambaran Komplikasi Intradialisis Pada Pasien Hemodialisis Berdasarkan Tingkat Interdialytic Weight Gain (Idwg). *Jurnal Ilmiah Ilmu Keperawatan*, *14*(1). <https://stikes-nhm.e-journal.id/NU/article/view/1043>
- Ramadhanti, R., & Helda, H. (2021). Association of Hypertension and Chronic Kidney Disease in Population Aged ≥ 18 Years Old. *Molecular and Cellular Biomedical Sciences*, *5*(3), 137. <https://doi.org/10.21705/mcbs.v5i3.219>
- Robby, A., Agustin, T., & Hanifan Azka, H. (2022). Pengaruh Pijat Kaki (Foot Massage) Terhadap Kualitas Tidur. *Healthcare Nursing Journal*, *4*(1), 206–213. <https://doi.org/10.35568/healthcare.v4i1.1845>

- Rohmawati, D. L., Yetti, K., & Sukmarini, L. (2020). Praktik Berbasis Bukti: Masase Intradialisis Untuk Mengurangi Kram Otot Pada Pasien Hemodialisis. *Media Keperawatan: Politeknik Kesehatan Makassar*, 11(1), 14. <https://doi.org/10.32382/jmk.v11i1.1524>
- Santoso, D., Sawiji, Oktantri, H., & Septiwi, C. (2022). Faktor-Faktor Yang Berhubungan Dengan Fatigue Pada Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisa Di Rsud Dr. Soedirman Kebumen. *Jurnal Ilmiah Kesehatan Keperawatan*, 18(1), 60. <https://doi.org/10.26753/jikk.v18i1.799>
- Setiawati, E. M., & Kusumawati, D. A. (2024). Sleep quality among chronic kidney disease patients undergoing hemodialysis: a cross-sectional study. *International Journal of Health Science and Technology*, 5(3), 282–287. <https://doi.org/10.31101/ijhst.v5i3.3590>
- Siburian, C. H., & Silaban, N. Y. (2023). The Effect of Foot Massage with Oil Aromatherapy on Hemodialysis Patients' Sleep Quality. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 8(1), 33–38. <https://doi.org/10.30604/jika.v8i1.1398>
- Smeltzer, S. C., & Bare, B. G. (2017). Textbook of Medical-Surgical Nursing Fourth Edition. In *AORN Journal* (Issue 4). Wolters Kluwer Health. [https://doi.org/10.1016/s0001-2092\(08\)70512-x](https://doi.org/10.1016/s0001-2092(08)70512-x)
- Susanto, G., & Mesya. (2024). Spiritual Well-being with Sleep Quality of Chronic Kidney Disease Patients on Hemodialysis. *Indonesian Journal of Global Health Research*, 7(1). <https://doi.org/10.37287/ijghr.v2i4.250>
- Tim Pokja SDKI DPP PPNI. (2017). *Standar Diagnosis Keperawatan Indonesia: Definisi dan Indikator Diagnostik* (Edisi I). DPP PPNI.
- Turner, N., Lameire, N., Goldsmith, D. J., Winearls, C. G., Himmelfarb, J., & Remuzzi, G. (2016). Oxford Textbook of Clinical Nephrology Fourth Edition. In *Oxford University Press*. <https://doi.org/10.1001/jama.280.8.752>
- Uduagbamen, P. K., Ogunkoya, J. O., Nwogbe, I. C., Eigbe, S. O., & Timothy, O. R. (2021). Ultrafiltration Volume: Surrogate Marker of the Extraction Ratio, Determinants, Clinical Correlates and Relationship with the Dialysis Dose. *Journal of Clinical Nephrology and Renal Care*, 7(2), 1–9. <https://doi.org/10.23937/2572-3286.1510068>
- UK Kidney Association. (2020). *CKD Staging*. <https://www.ukkidney.org/health-professionals/information-resources/uk-eckd-guide/ckd-staging>
- Wayunah. (2022). Self-Efficacy and Compliance Fluid Intake Restriction as a Determinant of The Interdialytic Weight Gain (IDWG) Level. *Journal of Nursing Care*, 5(1), 21–29. <https://doi.org/10.24198/jnc.v5i1.36233>

WHO. (2020). *The top 10 causes of death*. <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>

Wouk, N. (2021). End-Stage Renal Disease: Medical Management. *American Family Physician*, 104(5), 493–499.