

**ANALISIS ASUHAN KEPERAWATAN DENGAN
PENERAPAN TERAPI MASASE KAKI TERHADAP
PENURUNAN HIPERTENSI INTRADIALISIS
PADA PASIEN GAGAL GINJAL KRONIS
DENGAN HEMODIALISIS
DI RS JAKARTA**

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Abstrak

Gagal ginjal kronis stadium akhir merupakan kerusakan ginjal dibuktikan dengan penurunan laju filtrasi glomerulus $<15 \text{ mL/min/1,73 m}^2$ sehingga perlu diberikan terapi pengganti ginjal. Salah satu terapi pengganti ginjal yang umum dipilih adalah hemodialisis. Hemodialisis adalah prosedur filtrasi darah yang kompleks sehingga dapat menimbulkan beberapa komplikasi dalam prosesnya, salah satunya adalah hipertensi intradialisis. Hipertensi intradialisis adalah tekanan darah sistolik meningkat $>10 \text{ mmHg}$ selama hemodialisis. Selain terapi farmakologis, terdapat terapi nonfarmakologis yang dapat menurunkan atau mengontrol hipertensi intradialisis, yaitu masase kaki. Masase kaki adalah teknik manipulasi kaki yang dapat memperlancar sirkulasi darah sehingga tekanan darah dapat lebih stabil. Intervensi tersebut diberikan pada jam pertama, kedua, dan ketiga hemodialisis selama 10 menit untuk kedua kaki. Hasil intervensi didapatkan penurunan tekanan darah sistolik dan diastolik sebanyak $\geq 10\text{-}20 \text{ mmHg}$. Selain itu, didapatkan juga kestabilan tekanan darah pada pasien. Dengan demikian, masase kaki dapat dijadikan sebagai terapi komplementer dalam menurunkan hipertensi intradialisis.

Kata Kunci: Gagal Ginjal Kronis, Hemodialisis, Hipertensi Intradialisis, Masase Kaki

ANALYSIS OF NURSING CARE ON THE IMPLEMENTATION OF FOOT MASSAGE THERAPY ON LOWERING INTRADIALYTIC HYPERTENSION IN CHRONIC KIDNEY DISEASE PATIENT WITH HEMODIALYSIS AT JAKARTA HOSPITAL

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Abstract

End-stage chronic kidney disease (CKD) is characterized by irreversible renal damage evidenced by a decline in the glomerular filtration rate (GFR) to <15 mL/min/1.73 m², requiring renal replacement therapy. One of the most commonly selected modalities of the therapy is hemodialysis. Hemodialysis is a complex blood filtration procedure that can lead to several complications during treatment, one of which is intradialytic hypertension. Intradialytic hypertension refers to a rise in systolic blood pressure of more than 10 mmHg during the hemodialysis session. In addition to pharmacological management, nonpharmacological interventions can also help reduce or control intradialytic hypertension, such as foot massage. Foot massage is a manual manipulation technique that enhances peripheral blood circulation, thereby promoting more stable blood pressure. This intervention was performed during the first, second, and third hours of hemodialysis, lasting approximately 10 minutes to both feet. The results demonstrated a reduction in both systolic and diastolic blood pressure by ≥ 10 -20 mmHg, along with improved blood pressure stability. Therefore, foot massage can be considered a complementary therapy for reducing intradialytic hypertension.

Keywords: *Chronic Kidney Disease, Hemodialysis, Intradialytic Hypertension, Foot Massage*