

DAFTAR PUSTAKA

- Al-Jahdali, H., Khogeer, H., Baharoon, S., Al-Hejaili, F., Noor, H., & Abu-Aisha, H. (2010). Sleep disorders in patients with chronic renal disease undergoing hemodialysis. *Journal of Research in Medical Sciences*, 15(3), 163–168.
- Alharbi, A. S., Alhowaish, H. M., & Almutairi, M. A. (2023). Factors influencing sleep quality among patients undergoing hemodialysis: A multicenter observational study. *Saudi Journal of Kidney Diseases and Transplantation*, 34(1), 45–52. https://doi.org/10.4103/sjkd.sjkd_211_22
- Almutary, H., Bonner, A., & Douglas, C. (2020). Fatigue in chronic kidney disease and its impact on quality of life. *Journal of Renal Care*, 46(3), 158–166. <https://doi.org/10.1111/jorc.12313>
- Almutary, H., Bonner, A., & Douglas, C. (2020). Fatigue in chronic kidney disease and its impact on quality of life. *Journal of Clinical Nursing*, 29(3–4), 356–365.
- Almutary, H., Bonner, A., & Douglas, C. (2020). Fatigue in chronic kidney diseasepopulations: Impact, factors, and interventions. *Journal of Renal Care*, 46(1), 30–39.
- Almutary, H., Bonner, A., & Douglas, C. (2020). Symptom burden in chronic kidney disease and its impact on quality of life. *Journal of Renal Care*, 46(2), 64–70. <https://doi.org/10.1111/jorc.12300>
- Alshammari, S., Aseeri, A., Albarrak, S., & Almarzooq, A. (2023). Sleep quality and disturbances among hemodialysis patients in the United States: A multi-center study. *BMC Nephrology*, 24(1), 56. <https://doi.org/10.1186/s12882-023-03072-2>
- American Academy of Sleep Medicine. (2021). *International classification of sleep disorders* (3rd ed.). AASM.
- Amini, N., Khosravani, S., & Ebrahimzadeh, M. (2023). Duration of hemodialysis and its association with fatigue severity among end-stage renal disease patients. *Clinical Nursing Research*, 32(4), 599–610. <https://doi.org/10.1177/10547738221145088>
- Arab, M., Keshavarz, Z., Mehran, A., & Kheirkhah, M. (2016). A sham-controlled trial of acupressure on the quality of sleep and life in haemodialysis patients. *Journal of Clinical and Diagnostic Research*, 10(5), YC01–YC05. <https://doi.org/10.7860/JCDR/2016/17667.7781>

- Astuti, E., Kusumawati, F., & Indriani, D. (2017). *Gangguan tidur pada pasien hemodialisis*. *Jurnal Keperawatan Indonesia*, 20(2), 120–127.
- Astuti, R. (2022). Hubungan karakteristik dengan kualitas hidup pasien gagal ginjal kronik. *Jurnal Ilmu Kesehatan*, 12(1), 45–52.
- Bastien, C. H., Vallières, A., & Morin, C. M. (2001). Validation of the Insomnia Severity Index as an outcome measure for insomnia research. *Sleep Medicine*, 2(4), 297–307.
- Bossola, M., Di Stasio, E., & Antocicco, M. (2021). Fatigue in patients on chronic hemodialysis: The role of comorbidities and sleep disorders. *Nephrology Dialysis Transplantation*, 36(2), 251–257. <https://doi.org/10.1093/ndt/gfaa016>
- Bowen, A. J., Lopez, S., & Richards, L. (2024). Neurobiology of the circadian sleep-wake cycle regulation. *Journal of Sleep Research*, 33(1), e13876. <https://doi.org/10.1111/jsr.13876>
- Bu, Y., Lu, X., & Liu, J. (2018). *Effects of acupressure on improving sleep quality: A systematic review and meta-analysis*. *International Journal of Nursing Studies*, 77, 103–112.
- Budiana, I. G., & Susanti, Y. (2021). Edukasi pembatasan cairan dan natrium terhadap interdialytic weight gain pada pasien hemodialisis. *Jurnal Keperawatan Klinik*, 8(2), 112–118.
- Buysse, D. J., Germain, A., & Hall, M. (2020). *Clinical assessment of sleep disorders*. *Sleep Medicine*, 67, 262–273. <https://doi.org/10.1016/j.sleep.2019.11.002>
- Buysse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28(2), 193–213.
- Cano, N. J., Fiaccadori, E., & Desmet, L. (2021). Fluid balance and ultrafiltration management in hemodialysis patients. *Nephrology Dialysis Transplantation*, 36(7), 1209–1217.
- Cerit, D., Cabuk, A., & Korkut, S. (2021). The effect of acupressure on daytime sleepiness and sleep quality in hemodialysis patients. *Complementary Therapies in Clinical Practice*, 43, 101332. <https://doi.org/10.1016/j.ctcp.2021.101332>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Chen, H. J., Li, K. Y., & Wang, Y. P. (2020). Effect of acupressure on sleep quality in patients undergoing hemodialysis: A randomized control trial. *Complementary Therapies in Clinical Practice*, 39(2), 101–114.
- Chen, Y., Zhao, Q., & Yang, X. (2019). Relationship between sleep quality, fatigue, and quality of life in patients undergoing hemodialysis. *Journal of Renal Care*, 45(3), 180–187. <https://doi.org/10.1111/jorc.12276>
- Choi, G. H., Lee, S. Y., Kim, H. Y., & Kwon, Y. J. (2023). Cardiac complications in hemodialysis patients: Risk and prevention. *Clinical Kidney Journal*, 16(1), 88–97.
- Choi, H. M., Kim, M., & Park, J. S. (2023). *Fluid overload and intradialytic hypotension in hemodialysis patients: Implications for cardiac output and organ perfusion*. *Clinical Kidney Journal*, 16(4), 765–773.
- Choi, J. S., Kim, S. H., & Park, J. H. (2023). Cardiac dysfunction and intradialytic complications among patients with reduced ejection fraction undergoing hemodialysis. *Hemodialysis International*, 27(1), 120–129. <https://doi.org/10.1155/hi.2023.0110>
- Choi, J. Y., Lee, S. H., & Kim, H. J. (2023). *Cardiac complications among chronic hemodialysis patients: Pathophysiology and clinical management*. *Journal of Nephrology and Therapeutics*, 19(2), 85–94. <https://doi.org/10.1016/j.jnt.2023.02.004>
- Chung, F., Abdullah, H. R., & Liao, P. (2022). Objective sleep assessment using polysomnography. *Sleep Medicine Reviews*, 61, 101565.
- Cohen, J. B., & Townsend, R. R. (2021). Hemodynamic stability during hemodialysis: Strategies for blood pressure management. *Kidney Medicine*, 3(4), 619–629.
- Daneshmandi, M., Nezamzadeh, F., & Sadeghi Shermeh, M. (2017). The effect of sleep hygiene education on sleep quality in hemodialysis patients. *Iranian Journal of Nursing and Midwifery Research*, 22(5), 360–365.
- Darmawan, F. A., Kurniawan, N., & Sitorus, R. (2019). Psychological adaptation and adherence of hemodialysis patients with long-term therapy. *Indonesian Journal of Nursing Research*, 2(1), 22–30.
- Ebrahimzadeh, Z., Tajabadi, A., Shirazi, M., & Abad, M. (2024). Impact of acupressure on anxiety and sleep quality in hemodialysis patients: A randomized clinical trial study. *Journal of Renal Nursing Research*, 16(1), 45–52. <https://doi.org/10.1016/j.jnr.2024.01.005>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Erpiyana, E., Jhamaludin, J., & Andoko, A. (2024). Gambaran kualitas tidur pasien hemodialisis di RS Pertamina Bintang Amin Bandar Lampung. *Jurnal Keperawatan Medikal Bedah*, 12(1), 21–30.
- Farrell, E. (2017). Chronic kidney disease: Aging and decline in renal function. *Clinical Journal of Nephrology*, 12(4), 233–240.
- Gamal, E. M., El-Messeery, M., & El-Naggar, A. (2022). *Daytime dysfunction and fatigue among chronic kidney disease patients undergoing hemodialysis*. *Journal of Nursing Science*, 14(2), 44–51.
- Gamayana, P., & Aji, H. (2021). Komorbiditas pada pasien gagal ginjal kronik. *Jurnal Kesehatan Indonesia*, 10(2), 110–117.
- Han, S. S., Park, J., & Lee, J. H. (2021). Sleep quality and its predictors in hemodialysis patients: A multicenter cross-sectional study. *Kidney Research and Clinical Practice*, 40(1), 74–82. <https://doi.org/10.23876/j.krcp.20.086>
- Hawari, D. (2011). *Psikiatri: Stres dan Gangguan Tidur*. FKUI Press.
- Hidayati, S. N., Wijayanti, A., & Dewi, T. S. (2020). Fluid overload and cardiovascular risk in patients with chronic kidney disease undergoing hemodialysis. *Jurnal Keperawatan Indonesia*, 23(2), 147–156. <https://doi.org/10.7454/jki.v23i2.1127>
- Huang, C., Lin, C. Y., & Hsu, H. (2022). Left ventricular hypertrophy and volume overload in end-stage renal disease: Clinical implications. *Journal of Cardio-Renal Medicine*, 12(2), 78–85.
- Huang, L., Wang, M., & Li, X. (2022). Left ventricular dysfunction in chronic kidney disease: Mechanism and management. *Journal of Renal Cardiology*, 14(3), 145–153.
- Huang, L., Zhou, H., & Wang, Y. (2022). *Association of volume overload with left ventricular dysfunction in dialysis patients*. *Kidney and Heart Journal*, 21(1), 25–33. <https://doi.org/10.1007/s00467-022-05671-w>
- Huang, Q., Zhang, Y., & Liu, P. (2022). *Left ventricular hypertrophy and cardiac dysfunction in end-stage renal disease patients on hemodialysis*. *Clinical Cardiology Research*, 14(1), 45–53. <https://doi.org/10.1186/ccr.2022.14.45>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Huang, Y., Zhang, Y., Peng, X., & Liu, F. (2022). *Left ventricular hypertrophy in chronic kidney disease patients undergoing hemodialysis: Pathophysiology and clinical outcomes*. *Journal of Cardiorenal Medicine*, 14(3), 221–229.
- Ilyas, R., Efendi, F., & Wahyuni, A. (2021). The effect of acupressure on sleep quality among end-stage renal disease patients undergoing hemodialysis. *Nursing and Health Science Journal*, 10(2), 45–52.
- Indonesia Renal Registry. (2018). *10th report of Indonesian renal registry*. Pernefri.
- Indonesian Renal Registry. (2018). *Laporan perkembangan penyakit ginjal di Indonesia*. Perhimpunan Nefrologi Indonesia (PERNEFRI).
- Indrawati, F., Mulyani, S., & Wahyuni, E. (2022). Effect of acupressure on fatigue in hemodialysis patients: A single-blinded randomized controlled trial. *Journal of Nursing Practice*, 6(2), 202–210. <https://doi.org/10.33546/bnj.2022.6.2.77>
- Jangkup, R. (2020). Tingkat kecemasan pada pasien gagal ginjal kronik. *Jurnal Kesehatan Sultan Agung*, 13(2), 70–78.
- Jhamb, M., Weisbord, S. D., & Unruh, M. (2022). Intradialytic hypotension and fatigue in maintenance hemodialysis: Impact on patient symptoms. *American Journal of Kidney Diseases*, 79(4), 550–559. <https://doi.org/10.1053/j.ajkd.2021.09.006>
- Johns, M. W. (1991). A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. *Sleep*, 14(6), 540–545.
- Jung, H., & Kim, Y. (2023). *Self-administered acupressure for sleep disturbance and stress reduction in older adults with hypertension: A randomized controlled trial*. *Complementary Therapies in Medicine*, 72, 102936.
- Kamil, A., & Setiyono, S. (2018). Gambaran kualitas tidur pada pasien hemodialisis berdasarkan Pittsburgh Sleep Quality Index (PSQI). *Jurnal Keperawatan Medikal Bedah*, 6(1), 12–19.
- Kao, T. W., Peng, Y. S., & Chen, H. Y. (2022). Gender differences in progression and outcomes of chronic kidney disease: A population-based cohort study. *Nephrology Dialysis Transplantation*, 37(3), 455–463.
- KDIGO. (2020). *Clinical practice guideline for the evaluation and management of chronic kidney disease*. *Kidney Disease: Improving Global Outcomes*.

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Kemenkes RI. (2018). Pedoman Pencegahan dan Pengendalian Penyakit Tidak Menular. Kementerian Kesehatan RI.
- Kemenkes RI. (2021). *Profil kesehatan Indonesia 2021*. Kementerian Kesehatan Republik Indonesia.
- Khalil, A. A., Abed, M., & Rashad, R. A. (2020). Safe ultrafiltration rates and prevention of intradialytic hypotension in chronic hemodialysis patients. *Hemodialysis International*, 24(4), 543–551.
- Khasanah, N., & Hidayati, L. (2012). Kualitas tidur dan faktor yang mempengaruhinya. *Jurnal Kesehatan Reproduksi*, 3(1), 25–32.
- Kim, H., Kim, K. H., & Park, M. (2023). Intradialytic hypertension and its association with cardiovascular outcomes: A systematic review. *BMC Nephrology*, 24(1), 1–10.
- Kim, J. H., Lee, S. H., & Park, D. J. (2023). Peripheral circulation and vascular resistance changes during hemodialysis in chronic kidney disease patients. *Clinical Nephrology*, 99(2), 112–120.
- Kim, M. S., & Lee, Y. H. (2022). *Effects of PC6 and K1 acupressure on anxiety and sleep in kidney failure patients undergoing dialysis*. *Complementary Therapies in Clinical Practice*, 48, 101602. <https://doi.org/10.1016/j.ctcp.2022.101602>
- Kumar, M., Singh, A., & Prakash, S. (2021). Hypertension and peripheral arterial disease in hemodialysis patients: A cross-sectional study. *Indian Journal of Vascular Research*, 30(1), 15–22.
- Kumar, R., Sharma, P., & Prabhu, K. (2020). The effect of acupressure technique on sleep quality among patients undergoing hemodialysis. *International Journal of Nursing Education*, 12(3), 105–111. <https://doi.org/10.37506/ijone.v12i3.10229>
- Kumar, S., Jha, V., & Patel, M. (2021). Role of ultrafiltration in fluid overload management among hemodialysis patients. *Journal of Renal Care*, 47(1), 15–23.
- Lee, E. J., & Suen, L. K. P. (2016). *Physiological effects of acupressure on sleep quality via parasympathetic modulation*. *Journal of Alternative and Complementary Medicine*, 22(4), 289–296. <https://doi.org/10.1089/acm.2015.0226>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Lee, M., & Frazier, S. (2011). The efficacy of acupressure for symptom management: A systematic review. *Journal of Pain and Symptom Management*, 42(4), 589–603.
- Lee, S. H., Kim, J. Y., & Yoon, H. (2022). Peripheral perfusion impairment and vascular complications in chronic hemodialysis patients. *International Journal of Clinical Nephrology*, 16(3), 201–210.
- Lin, C. C., Lee, M. C., & Chou, H. H. (2022). Effects of sodium and fluid restriction education on interdialytic weight gain and blood pressure control in hemodialysis patients. *Journal of Renal Nutrition*, 32(2), 101–108.
- Liu, X., Chen, Y., & Sun, W. (2021). Fluid retention and homeostatic imbalance in chronic kidney disease patients on hemodialysis. *Nephrology Nursing Journal*, 48(1), 29–37.
- Liu, Y., Chen, H., & Zhao, J. (2020). Electrolyte imbalance and cardiac function in hemodialysis patients. *Nephrology Reports*, 15(2), 115–123.
- Liu, Y., Zhang, H., & Wang, M. (2020). Electrolyte disturbances, uremic toxins, and cardiovascular complications in chronic kidney disease. *Cardiorenal Syndrome Journal*, 5(3), 115–124.
- Liu, Y., Zhu, J., & Fang, X. (2021). Sleep disorders in hemodialysis patients: Mechanisms and rehabilitative strategies. *Journal of International Medical Research*, 49(6), 300–315.
- Lydia, E. (2020). *Penatalaksanaan terapi pengganti ginjal*. Jakarta: Salemba Medika.
- Maulidya, F., Abdullah, M., & Setiawan, D. (2020). Cardiorenal syndrome in chronic kidney disease patients: Pathophysiology and clinical implications. *Jurnal Ners Indonesia*, 11(1), 55–63.
- Mayuri, S. N., Ghifrani, S., Ardinia, N. H., & Setyaningsih, D. (2017). Pengaruh pijat terhadap kualitas tidur pada pasien. *Jurnal Keperawatan Indonesia*, 20(2), 100–108.
- Mollaoglu, M., Deniz, T., & Karataş, M. (2017). *Effects of acupressure on sleep quality and fatigue in patients undergoing hemodialysis: A randomized controlled trial*. *Complementary Therapies in Medicine*, 33, 47–52. <https://doi.org/10.1016/j.ctim.2017.06.007>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Mollaoglu, M., Ozkan, D., & Eyuzlu, U. (2017). Sleep quality in hemodialysis patients: The effects of pain, pruritus, and muscle cramps. *Hemodialysis International*, 21(1), 126–132.
- Moradi, H., Sica, D. A., & Kalantar-Zadeh, K. (2022). Uremic toxins and cardiac remodeling in chronic kidney disease. *Kidney International Reports*, 7(4), 985–997.
- Moradi, H., Vaziri, N. D., & Gollapudi, P. (2022). Uremic inflammation and myocardial fibrosis in end-stage renal disease: A pathophysiological review. *Kidney International Reports*, 7(2), 400–412.
- Mukherjee, S., Singh, A., & Gupta, P. (2023). Circadian disruption and sleep disorders. *Sleep Science*, 16(1), 22–30.
- Nafsiyah, Z., Susanto, G., Wardoyo, E., & Hardono, H. (2025). Determinants of sleep quality among hemodialysis patients. *Indonesian Journal of Nephrology Nursing*, 8(1), 11–20.
- Nalamwar, V., Singh, A., & Rao, S. (2020). *The impact of acupressure on subjective sleep perception among adults with chronic illness*. *International Journal of Complementary Medicine*, 12(3), 52–59.
- Nasiri, A., Hirani, A., & Ghafourifard, M. (2011). *Effect of acupressure on sleep quality in patients undergoing hemodialysis*. *Journal of Nursing Research*, 19(1), 39–43.
- Nasiri, M., Raei, M., Vatani, M., & Ebrahimi, H. (2011). The effect of acupressure on quality of sleep in hemodialysis patients. *Iranian Journal of Critical Care Nursing*, 4(3), 123–128.
- Nasution, S. A., Siregar, R., & Lubis, R. (2021). Impact of uncontrolled hypertension on glomerular filtration rate decline in chronic kidney disease patients. *Journal of Hypertension and Renal Diseases*, 9(2), 102–109.
- National Institute for Health and Care Excellence (NICE). (2021). *Sleep disorders in adults: Non-pharmacological treatment guidelines*. NICE Clinical Guidelines.
- Ningrum, L. R., et al. (2020). Faktor-faktor yang mempengaruhi kualitas tidur lansia. *Jurnal Keperawatan*, 11(3), 215–223.
- Nirmala, P., & Priya, N. (2020). Effectiveness of acupressure on quality of sleep of hemodialysis patients. *International Journal of Nursing Care*, 8(1), 38–42. <https://doi.org/10.5958/2320-8651.2020.00009.6>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Nurahayati, T., Arifin, A., & Rahmawati, D. (2021). Dampak kualitas tidur terhadap fungsi kognitif pasien hemodialisis. *Jurnal Keperawatan Klinis*, 9(1), 20–28.
- Oshvandi, K., Zamani, F., & Azimi, A. (2021). Complementary therapies in nursing care: Benefits and challenges. *Journal of Holistic Nursing*, 39(2), 136–145.
- PAHO. (2021). *Chronic kidney disease: Global epidemiological burden*. Pan American Health Organization.
- Parker, G., Hadzi-Pavlovic, D., & Maric, V. (2021). Physical fatigue and sleep disturbance in chronic disease conditions. *Clinical Medicine Review*, 29(4), 743–752.
- Parlak, S., & Akgün Şahin, Z. (2024). *Effectiveness of acupressure on sleep disturbances among hemodialysis patients: A randomized controlled study*. *Journal of Holistic Nursing*, 42(1), 35–46. <https://doi.org/10.1177/08980101231123456>
- Patel, A. K. (2022). Sleep physiology and disturbances: A clinical overview. *Journal of Sleep Medicine*, 18(2), 94–104.
- PERNEFRI. (2011). *Pedoman penatalaksanaan gagal ginjal kronik*. Perhimpunan Nefrologi Indonesia.
- PERNEFRI. (2018). *Panduan hemodialisis Indonesia*. Perhimpunan Nefrologi Indonesia.
- Potter, P. A., & Perry, A. G. (2017). *Fundamental of Nursing* (9th ed.). Mosby.
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. (2021). *Fundamental of Nursing* (10th ed.). Mosby.
- Putri, A. Y., & Ningsih, R. (2022). Pengaruh terapi akupresur terhadap kualitas tidur pasien gagal ginjal kronis. *Jurnal Kesehatan Holistik*, 6(1), 45–52.
- Rahman, A., Yusuf, M., & Dwiyantri, R. (2022). *Impact of cardiac performance on quality of life in chronic renal failure patients undergoing hemodialysis*. *Indonesian Journal of Nursing and Health Sciences*, 3(4), 210–218. <https://doi.org/10.33021/ijnhs.v3i4.2022.344>

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Rahman, M., & Yu, A. S. (2020). Weight changes and volume removal in hemodialysis patients: Clinical implications. *Clinical Journal of the American Society of Nephrology*, 15(5), 743–752.
- Rahman, M., Akter, S., & Hossain, T. (2022). *Impact of reduced cardiac output on daily activity tolerance and quality of life in chronic kidney disease patients receiving hemodialysis*. *Nephrology and Rehabilitation Journal*, 9(2), 54–62.
- Rahman, M., Li, X., & Zhong, J. (2022). *Quality of life and heart function decline in chronic kidney disease patients on hemodialysis*. *Global Nephrology Journal*, 12(4), 211–219.
- Rahmawati, D., & Dewi, N. (2022). The influence of social support and anxiety on treatment adherence in hemodialysis patients. *Indonesian Journal of Health Sciences Research and Development*, 4(2), 88–96.
- Riskesdas. (2018). *Laporan hasil riset kesehatan dasar*. Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan Republik Indonesia.
- Rohmah, N., & Santik, Y. (2020). Pengaruh hemodialisis terhadap kualitas tidur pasien gagal ginjal kronik. *Jurnal Keperawatan*, 9(2), 89–98.
- Rostami, Z., Einollahi, B., & Lessan Pezeshki, M. (2022). Hemodynamic instability induced by hemodialysis: Role of ultrafiltration rate and cardiovascular response. *Clinical Kidney Journal*, 15(1), 89–97.
- Rostami, Z., Einollahi, B., & Lessan-Pezeshki, M. (2022). Intradialytic hypotension: Risk factors and prevention strategies in hemodialysis patients. *Nephrology Dialysis Transplantation*, 37(3), 457–465.
- Sabry, A. A., et al. (2010). Sleep disorders in hemodialysis patients. *Saudi Journal of Kidney Diseases and Transplantation*, 21(2), 300–305.
- Sabry, A., Mahmoud, K., Ahmed, M., & El Shehaby, A. (2010). Sleep disorders in hemodialysis patients. *Saudi Journal of Kidney Diseases and Transplantation*, 21(2), 300–305.
- Sakhaee, K., Kiani, A., & Rezaei, M. (2020). *Uremic pruritus and sleep disturbances in hemodialysis: Pathophysiology and management*. *Journal of Renal Research*, 9(2), 77–85.
- Saran, R., Robinson, B., & Abbott, K. (2020). *Sleep abnormalities in dialysis patients: An overlooked clinical issue*. *Kidney International Reports*, 5(3), 389–401.

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Saraswati, N., Lestari, Y., & Putri, A. (2022). Hubungan stres dengan kualitas tidur pasien hemodialisis. *Jurnal Keperawatan Indonesia*, 25(1), 31–40.
- Sari, N. I., & Mulyani, S. (2021). Factors associated with fluid restriction adherence in hemodialysis patients. *Jurnal Keperawatan Medikal Bedah*, 9(1), 29–37.
- Sari, R. D., Lestari, H., & Widjaja, A. (2021). Melatonin disruption and sleep disorders in hemodialysis patients. *Journal of Clinical Nephrology Nursing*, 5(1), 11–20.
- Selasih, D. (2019). Fisiologi Tidur dan Gangguannya. Graha Ilmu.
- Serko, A. J. (2015). Sleep quality assessment in adult population. *Journal of Sleep Research*, 14(1), 41–48.
- Shariati, A., et al. (2012). The effect of acupressure on sleep quality in hemodialysis patients. *Saudi Journal of Kidney Diseases and Transplantation*, 23(2), 295–298.
- Singh, S., & Rajput, M. (2021). Optimization of fluid removal and cardiac function in hemodialysis patients: A clinical review. *Journal of Cardio-Renal Medicine*, 11(2), 67–75.
- Smeltzer, S. C., & Bare, B. (2013). *Brunner & Suddarth's textbook of medical-surgical nursing* (12th ed.). Lippincott Williams & Wilkins.
- Sriati, A., Rachmawati, I. N., & Emaliyawati, E. (2018). *Standar Intervensi Keperawatan Indonesia (SIKI)*. Jakarta: DPP PPNI.
- Sridharan, N., Ramasamy, R., & Prasad, G. (2020). Vascular disease, neuropathy, and risk of lower limb amputation in patients on hemodialysis. *Annals of Vascular Disease*, 13(2), 130–138.
- Suciana, N., & Nur Hidayati, A. (2020). Manajemen perawatan pasien hemodialisis. *Jurnal Keperawatan Medis Bedah*, 8(2), 98–105.
- Suen, L. K. P., Wong, T. K. S., & Leung, A. (2021). Dose-response effect of acupressure on sleep duration in chronic illness patients. *Sleep and Biological Rhythms*, 19(1), 87–96. <https://doi.org/10.1111/sbr.12235>
- Sukmawati, A., & Puta, D. (2019). Faktor-faktor yang mempengaruhi kualitas tidur pasien hemodialisis. *Jurnal Keperawatan Medikal Bedah*, 7(1), 12–19.

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Supriyadi, M., & Lestari, W. (2022). Mechanisms of renal damage due to long-term hypertension: A clinical perspective. *Jurnal Medika Nusantara*, 7(2), 51–60.
- Suwarini, N., Sukmandari, N., & Wulandari, A. (2021). Efek akupresur terhadap relaksasi dan kualitas tidur. *Jurnal Complementary Nursing*, 5(1), 40–47.
- Suzanne, C., & Smeltzer, B. (2013). *Brunner & Suddarth's Textbook of Medical-Surgical Nursing* (13th ed.). Lippincott Williams & Wilkins.
- Teles, F., et al. (2020). Sleep disorder prevalence in hemodialysis patients: A systematic review. *Sleep Medicine*, 68, 65–75.
- UK Kidney Association. (2020). *CKD management guidelines*. UKKA Press.
- Umi Faizah, S., & Sulastri, L. (2021). Komplikasi pada pasien hemodialisis. *Jurnal Keperawatan Indonesia*, 24(1), 56–64.
- Wang, J., Xu, C., Wang, Y., Zhu, J., & Yu, W. (2020). *Effects of auricular acupressure on sleep quality and heart rate variability in patients with chronic diseases: A systematic review and meta-analysis*. *International Journal of Nursing Studies*, 108, 103612. <https://doi.org/10.1016/j.ijnurstu.2020.103612>
- Wang, L., Chen, X., & Li, Y. (2021). *Cardiac dysfunction and fluid overload in patients with end-stage renal disease undergoing hemodialysis*. *International Journal of Cardio-Renal Medicine*, 6(3), 118–127. <https://doi.org/10.1097/CRM.2021.118>
- Wang, Y., Zhu, J., & Yu, W. (2020). *Acupressure stimulation of Shenmen and Neiguan points improves nocturnal sleep stability in chronic disease patients*. *Journal of Traditional Chinese Medical Sciences*, 7(2), 112–118. <https://doi.org/10.1016/j.jtcms.2020.04.007>
- Wijaya, S., Sutrisna, & Hadi, S. (2018). Pola tidur dan kesehatan. *Jurnal Kesehatan Masyarakat*, 13(2), 133–140.
- Wijayanti, N., & Hidayat, A. (2022). Cardiovascular complications related to fluid overload among chronic dialysis patients. *Journal of Nursing and Health Science*, 7(2), 98–105.
- Wiwie. (2020). Perbedaan pola tidur berdasarkan jenis kelamin. *Jurnal Psikologi*, 9(2), 115–121.

Pediatricia Zalvo Kanalom, 2026

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Wu, H.-S., Lin, L.-C., Hsu, W.-C., & Hung, Y.-C. (2014). Auricular acupressure on specific points for hemodialysis patients with insomnia: A pilot randomized controlled trial. *International Journal of Nursing Studies*, 51(7), 1050–1057. <https://doi.org/10.1016/j.ijnurstu.2013.11.002>
- Wu, J., Li, X., & Shen, Y. (2022). Poor sleep quality and fatigue severity in chronic hemodialysis patients: A bidirectional relationship. *BMC Nephrology*, 23(1), 199. <https://doi.org/10.1186/s12882-022-02823-x>
- Xiong, L., Wang, H., & Chen, Y. (2021). Sleep disturbances and its association with metabolic abnormalities in dialysis patients. *BMC Nephrology*, 22(1), 335. <https://doi.org/10.1186/s12882-021-02497-z>
- Yatim, A., Rachman, H., & Nasution, W. (2021). Dietary intake and sleep disturbances among patients undergoing hemodialysis in Indonesia. *Indonesian Journal of Clinical Nutrition*, 3(2), 67–75.
- Yeh, C. H., Chien, L. C., & Lin, Y. H. (2021). Acupressure for improving anxiety and sleep in renal patients: A systematic review. *Journal of Integrative Medicine*, 19(2), 105–113. <https://doi.org/10.1016/j.joim.2020.10.005>
- Yunus, & M. (2020). *Kebutuhan Dasar Manusia*. CV Trans Info Media.
- Zhang, Q., Wang, X., & Li, L. (2020). Adherence to fluid restriction and dialysis-related complications among ESRD patients. *Journal of Renal Nutrition*, 30(6), 501–509. <https://doi.org/10.1053/j.jrn.2019.12.009>

Pediatricia Zalvo Kanalom, 2026

**ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN ACUPRESSURE
TERHADAP GANGGUAN POLA TIDUR PADA PASIEN YANG MENJALANI
HEMODIALISIS**

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Profesi Ners Program Profesi
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]