ANALISIS PENERAPAN *ANKLE PUMP EXERCISE* DAN ELEVASI KAKI 30˚ TERHADAP EDEMA KAKI PADA PASIEN DENGAN *CHRONIC KIDNEY DISEASE* DI ICU

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Abstrak

Chronic Kidney Disease (CKD) adalah kondisi disfungsi ginjal yang memengaruhi struktur dan fungsinya serta menyebabkan kematian terbesar di 21 negara. Pasien CKD sering mengalami edema akibat ketidakmampuan tubuh mengeluarkan cairan dan jika tidak ditangani akan mempengaruhi kualitas hidup dan menimbulkan komplikasi sistemik. Maka, *ankle pump exercise* dan elevasi kaki 30º penting dilakukan guna membantu mengurangi edema penderita CKD. Penelitian ini bertujuan untuk menilai sejauh mana efektivitas penerapan *ankle pump exercise* dan elevasi kaki 30º dalam menurunkan derajat edema kaki pada pasien CKD. Desain studi kasus digunakan dengan melibatkan dua pasien CKD dengan intervensi *ankle pump exercise* dan elevasi kaki 30º dilaksanakan 2x sehari, 10 menit per sesi dan selama tiga hari berturut-turut. Penelitian ini menggunakan lembar obsrvasi rincian dari derajat edema sebagai instrumen. Hasil dari penelitian ini adalah *ankle pump exercise* dan elevasi kaki 30º efektif mengurangi derajat edema kaki di kasus kelolaan dan kasus resume yang awalnya memiliki derajat edema 2 menjadi derajat edema 1 pada hari ketiga. *Ankle pump exercise* dan elevasi kaki 30º direkomendasikan menjadi intervensi non-farmakologis guna membantu mengurangi derajat edema kaki pasien CKD di ICU.

Kata Kunci: *Ankle pump exercise*, *Chronic Kidney Disease* (CKD), Derajat Edema ICU

ANALYSIS OF THE APPLICATION OF ANKLE PUMP EXERCISE AND 30° LEG ELEVATION ON LEG EDEMA IN PATIENTS WITH CHRONIC KIDNEY DISEASE IN THE ICU

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Abstract

Chronic Kidney Disease (CKD) is a condition of kidney dysfunction that affects its structure and function and is the leading cause of death in 21 countries. CKD patients often experience edema due to the body's inability to excrete fluids. If left untreated, it will affect quality of life and cause systemic complications. Therefore, ankle pump exercise and 30° leg elevation are important in helping reduce edema in CKD patients. This study aims to assess the effectiveness of ankle pump exercise and 30° leg elevation in reducing the degree of leg edema in CKD patients. A case study design was used involving two CKD patients with ankle pump exercise and 30° leg elevation interventions performed twice daily, 10 minutes per session, for three consecutive days. This study used a detailed observation sheet of edema degrees as an instrument. The results of this study showed that ankle pump exercise and 30° leg elevation were effective in reducing the degree of leg edema in managed and resumed cases, which initially had edema grade 2 to edema grade 1 on the third day. Ankle pump exercise and 30º leg elevation are recommended as non-pharmacological interventions to help reduce the degree of leg edema in CKD patients in the ICU.

Keywords: *Ankle pump exercise, 30º leg elevation, Chronic Kidney Disease (CKD), Edema Degree, ICU*