

**PENGARUH LAMA MENJALANI HEMODIALISA RUTIN TERHADAP TINGKAT
KONSUMSI (ENERGI DAN PROTEIN) DAN DEPLESI MASSA OTOT PADA
PASIEN GAGAL GINJAL KRONIK DI UNIT HEMODIALISA
RS. RUMAH SEHAT TERPADU DOMPET DHUFA**

Elia Zulfah

Abstrak

Pasien gagal ginjal kronik (GGK) untuk melangsungkan hidupnya diperlukan terapi hemodialisa (HD). Pasien yang menjalani hemodialisa rutin akan mengalami komplikasi seperti timbulnya gizi kurang. Selain itu, lama menjalani hemodialisa rutin pada pasien GGK akan mempengaruhi sistem muskuloskeletal. Penelitian ini bertujuan untuk menganalisa pengaruh lama menjalani hemodialisa rutin terhadap tingkat konsumsi (energi dan protein) dan depleksi massa otot pada pasien GGK di Unit Hemodialisa RS. Rumah Sehat Terpadu Dompot Dhuafa. Penelitian ini menggunakan metode survei analitik dengan jenis *cross sectional*. Besar sampel penelitian ini sebanyak 32 responden. Cara pengambilan sampel dengan *accidental sampling*. Hasil penelitian menunjukkan bahwa ada pengaruh lama menjalani hemodialisa rutin terhadap tingkat konsumsi energi ($p=0.045$) dan depleksi massa otot berdasarkan LLA ($p=0.023$), LOLA ($p=0.024$), AOLA ($p=0.020$), TMOT ($p=0.048$). Selain itu, hasil penelitian ini menunjukkan bahwa ada perbedaan depleksi massa otot berdasarkan IMT pre HD dengan post HD ($p<0.001$), dan tidak ada pengaruh lama menjalani hemodialisa rutin terhadap tingkat konsumsi protein ($p=0.104$). Agar tingkat konsumsi dan depleksi massa otot pada pasien GGK berkategori baik atau normal, disarankan pihak Unit Hemodialisa melakukan pengukuran depleksi massa otot dan merujuk pasien GGK-HD ke Klinik Gizi untuk mendapatkan konseling gizi.

Kata kunci : lama menjalani hemodialisa rutin, depleksi massa otot, tingkat konsumsi, GGK

**EFFECT OF LONG TIME UNDERGO MAINTENANCED HEMODIALYSIS TO
CONSUMPTION LEVEL (ENERGY AND PROTEIN) AND MUSCLE MASS
DEPLETION ON PATIENTS WITH CHRONIC RENAL FAILURE
IN RUMAH SEHAT TERPADU DOMPET DHUAF A HOSPITAL**

Elia Zulfah

Abstract

Patients with Chronic Renal Failure (CRF) to continued their life needed hemodialysis therapy. Patients with long time undergo maintenance hemodialysis will have complications such as malnutrition. In addition, long time undergo maintenance hemodialysis on patients with CRF will affect the musculoskeletal system. This study aimed to analyze effect of long time undergo maintenance hemodialysis to consumption level (energy and protein) and muscle mass depletion on patients with CRF in Rumah Sehat Terpadu Dompét Dhuafa Hospital. This study used analytic survey with *cross sectional* types. Sample size of this research as many as 32 respondents. How to sampling with *accidental sampling*. The results showed that there was an effect of long time undergo maintenance hemodialysis to consumption level of energy ($p=0.045$) and muscle mass depletion based on MUAC ($p=0.023$), MUAMC ($p=0.024$), MUAMA ($p=0.020$), TBMM ($p=0.048$). In addition, the results indicate that there are a difference muscle mass depletion based on BMI before and after hemodialysis and there was not an effect of long time undergo maintenance hemodialysis to consumption level of protein ($p=0.104$). So that, consumption level and muscle mass depletion in patients with CRF categorized as good or normal, suggested to the Hemodialysis Unit for screening the nutritional status by measuring muscle mass depletion and refer patients to Clinical Nutrition to get nutritional counseling.

Keywords : long time undergo maintenance hemodialysis, muscle mass depletion, consumption level, CRF