

HUBUNGAN KEPATUHAN DIET RENDAH GARAM (NATRIUM) DAN CAIRAN DENGAN HIPERTENSI INTRADIALITIK PADA PASIEN HEMODIALISA DI KLINIK HEMODIALISA PANDAONI MEDIKA SELAMA PANDEMI COVID-19

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Abstrak

Hemodialisa merupakan salah satu pengobatan yang diberikan pada penderita gagal ginjal kronik stadium akhir atau *End Stage Renal Disease* (ESRD). Pasien gagal ginjal kronik yang menjalani hemodialisa biasanya memiliki program diet guna membantu menghindari komplikasi selama melakukan hemodialisa seperti hipertensi intradialitik, salah satu diet yang dijalani pasien hemodialisa yaitu diet rendah garam serta cairan. Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan kepatuhan diet rendah garam (natrium) dan cairan dengan hipertensi intradialitik pada pasien hemodialisa di Klinik Hemodialisa Pandaoni Medika selama pandemi Covid-19. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan cross-sectional. Total responden pada penelitian ini sebanyak 90 responden. Hasil penelitian menunjukkan terdapat sebanyak 50 pasien patuh terhadap diet rendah garam dan 43 pasien patuh terhadap diet cairan. Hasil juga menunjukkan 80% pasien hemodialisa di Klinik Hemodialisa Pandaoni Medika terkena hipertensi intradialitik. Hasil analisis menggunakan Uji Korelasi Spearman menunjukkan bahwa terdapat hubungan antara kepatuhan diet rendah garam dan cairan dengan hipertensi intradialitik dimana nilai *p-value* untuk kepatuhan diet rendah garam 0.002 *r spearman* 0.316 sedangkan *p-value* kepatuhan diet cairan 0.000 *r spearman* 0.370.

Kata kunci : Hemodialisa, Kepatuhan Diet, Hipertensi Intradialitik

RELATIONSHIP COMPLIANCE WITH A LOW SALT (SODIUM) AND FLUIDS DIET WITH INTRADIALYTIC HYPERTENSION IN HEMODIALIZATION PATIENTS AT KLINIK HEMODIALISA PANDAONI MEDIKA DURING THE COVID-19 PANDEMIC

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Abstract

Hemodialysis is one of the treatments given to patients with end-stage chronic kidney failure or End Stage Renal Disease (ESRD). Chronic kidney failure patients undergoing hemodialysis usually have a diet program to help avoid complications during hemodialysis such as intradialytic hypertension, one of the diets followed by hemodialysis patients is a diet low in salt and fluids. This study was conducted to know the relationship between adherence to a low salt (sodium) diet and fluids with intradialytic hypertension in hemodialysis patients at Klinik Hemodialisa Pandaoni Medika during the Covid-19 pandemic. This study is a quantitative study with a cross-sectional approach. The total number of respondents in this study was 90 respondents. The results showed that 50 patients adhered to a low-salt diet and 43 patients adhered to a liquid diet. The results also showed that 80% of hemodialysis patients at Klinik Hemodialisa Pandaoni Medika had intradialytic hypertension. The results of the analysis using the Spearman Correlation Test showed that there was a relationship between adherence to a low-salt diet and fluids and intradialytic hypertension where the *p-value* for low-salt diet adherence was 0.002 r Spearman 0.316 while the *p-value* for fluid diet adherence was 0.000 r Spearman 0.370.

Keywords : Hemodialysis, Dietary Compliance, Intradialytic Hypertension