

ABSTRAK

Gambaran Status Metabolik pada Pasien *Chronic Kidney Disease* yang Menjalani Hemodialisis di RSI PKU Muhammadiyah Pekajangan
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Latar Belakang: Prevalensi *Chronic Kidney Disease* selalu mengalami peningkatan setiap tahunnya. *Chronic Kidney Disease* berlangsung progresif yang akhirnya membutuhkan hemodialisis. Pasien yang menjalani hemodialisis mengalami berbagai perubahan metabolisme akibat penyakit ginjal maupun karena terapi hemodialisis. Perubahan tersebut meliputi akumulasi dan defisit berbagai senyawa serta gangguan jalur metabolisme, sehingga perlu dilakukan pemantauan status metabolik.

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan studi dokumentasi. Pengambilan sampel menggunakan teknik *total sampling*. Sampel penelitian ini adalah Semua pasien yang menjalani hemodialisis di RSI PKU Muhammadiyah Pekajangan sebanyak 70 orang. Peneliti melakukan pengumpulan data dari rekam medis menggunakan lembar observasi. Data yang dikumpulkan meliputi: umur, jenis kelamin, pekerjaan, penyakit penyerta, kadar gula darah, ureum, kreatinin, hemoglobin, tekanan darah serta berat badan sebelum dan setelah hemodialisis. Analisis data menggunakan analisis univariat.

Hasil: Terjadi perubahan status metabolik yang meliputi kadar gula darah (sebelum : 112,2, setelah : 98,2), ureum (sebelum : 130,4, setelah : 53,5), kreatinin (sebelum : 7,7, setelah : 4,6), hemoglobin (sebelum : 9,9, setelah : 9,4), tekanan darah sistole (sebelum : 166,5, setelah : 158,3), tekanan darah diastole (sebelum: 83,4, setelah : 82,0) serta berat badan (sebelum : 56,9, setelah : 54,2) pada pasien *Chronic Kidney Disease* yang menjalani hemodialisis di RSI PKU Muhammadiyah Pekajangan.

Simpulan: Terjadi perubahan status metabolik pada pasien *Chronic Kidney Disease* sebelum dan sesudah menjalani hemodialisis di RSI PKU Muhammadiyah Pekajangan. Perawat diharapkan memberikan edukasi tentang manajemen diet, terutama untuk mengontrol asupan cairan, protein, dan mineral.

Kata Kunci: Status Metabolik, Hemodialisis

Daftar Pustaka: 110 (2015 – 2025)

ABSTRACT

**Overview of Metabolic Status in Chronic Kidney Disease Patients Undergoing
Haemodialysis at RSI PKU Muhammadiyah Pekajangan**
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Background: The prevalence of Chronic Kidney Disease (CKD) continues to rise each year. As CKD progresses, many patients eventually require haemodialysis..

Those undergoing haemodialysis experience several metabolic changes resulting from both the kidney disease and the effects of the treatment. These changes involve the accumulation and deficiency of various compounds, as well as disruptions in metabolic pathways, making it essential to monitor their metabolic status closely.

Method: it is descriptive research with documentation study approach. Meanwhile, it employed total sampling technique, with all patients undergoing haemodialysis at RSI PKU Muhammadiyah Pekajangan (70 people). The researcher collected data from medical record using observation sheets. The data include: age, gender, title, comorbidities, blood sugar levels, urea, creatinine, haemoglobin, blood pressure and body weight before and after haemodialysis. In other hand, data analysis employed univariate analysis.

Result: There were changes in metabolic status including blood sugar levels (before: 112.2, after: 98.2), urea (before: 130.4, after: 53.5), creatinine (before: 7.7, after: 4.6), hemoglobin (before: 9.9, after: 9.4), systolic blood pressure (before: 166.5, after: 158.3), diastolic blood pressure (before: 83.4, after: 82.0) and body weight (before: 56.9, after: 54.2) in Chronic Kidney Disease patients undergoing haemodialysis at RSI PKU Muhammadiyah Pekajangan.

Conclusion: Changes in metabolic status among chronic kidney disease patients before and after haemodialysis at RSI PKU Muhammadiyah Pekajangan. Nurses are encouraged to provide education on dietary management, especially regarding fluid, protein, and mineral intake.

Keyword: Metabolic Status, Hemodialysis

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